

HOMOEOPATHY

FOR HEALTH & LIFE

JULY 1955

HOMOEOPATHY IN
CEYLON

★

SCIENTIFIC PRINCIPLES
OF PROPHYLACTIC
TREND IN SOVIET
MEDICINE

★

ACONITE
A MISCONCEPTION
CLEARED



JOURNAL OF THE
INDIAN INSTITUTE OF HOMOEOPATHS

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HOMOEOPATHY

Managing Editor: Dr. V. R. MURTY

JULY

1955

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THE
HOMOEOPATHY

VOL. V

JULY

BOOK 7

HOMOEOPATHY IN CEYLON

THE commission appointed by the Government of Ceylon under the head of Dr. Banerjee of Calcutta, have, we understand, completed their labours, and it seems their report has been submitted to the Government. Mr. Banerjee, before leaving for Calcutta from Colombo recently is reported to have said that the report of the commission contained a request to the Government to recognise Homoeopathy in Ceylon and to give it all encouragement. It seems the commission has recommended to the Government to open a homoeopathic hospital with at least 20 beds and to attach a college to it.

Before coming to these conclusions the commission, we understand, interviewed a number of homoeopathic practitioners in Ceylon and actually put them to a strict examination on the fundamentals of homoeopathic medicine in order to gauge the depth of their knowledge. This has enabled the Commission to find out as to who is a real practitioner of homoeopathy in the right sense of the word and who is a possessor of bogus diploma. This has also enabled the commission to understand something about the Institutions in India which offer postal training and diplomas from India.

We now await the publication of the report by the Government and we are sure that must contain really interesting information.

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Scientific Principles of Prophylactic Trend in Soviet Medicine

BY P. KALYU

*Candidate of Medicine, Scientific Worker of Semashko
Institute of Organisation of Health Service and of the History
of Medicine of the USSR Academy of Medical Sciences*

The principle of prophylaxis, of preventing diseases, is one of the major principles upon which Soviet medical service is based. The prophylactic trend of Soviet medicine takes its sources from the very essence of the socialist system under which concern for the material well-being and cultural requirements of the people and for their health is an important function of the state.

Prophylactic measures carried out in the USSR are, above all, aimed at protecting and building up the health and physical development of the working people, at improving labour conditions, nutrition, living conditions and town planning, organisation of public services, etc.

Simultaneously, considerable attention is given to personal prophylaxis with the aim of preserving the health of individuals by personal hygienic measures as well as by rendering them medical aid.

In order to carry out prophylactic measures successfully, it is necessary to know the laws of the development of the organism in corresponding external conditions and study the mechanism of its interaction with the external conditions. This makes it possible not only to alter the environment in the desired direction but also the organism which lives in

this environment. In connection with this the question of studying the causes of various diseases acquires great importance, for knowing the causes of a disease, we can combat it effectively and, what is more important, prevent it. To cure disease alone is not enough, it should be prevented; that is why prophylaxis is to be considered an integral part of the health services.

The constant concern shown by the Soviet Government for raising the material and cultural standards of the working people, the existence of annual holidays with full pay for all wage and salaried workers, social insurance, the improvement of living conditions and nutrition, labour protection laws, increasing of the number of health resorts and sanatoria, development of sports and physical culture—all constitute the material basis upon which the prophylactic work in the Soviet Union is founded.

Prophylaxis in the Soviet Union is not a function of the public health services alone but is an organic part of the work of all organs of Soviet Government and the Soviet community.

Preventive and sanitary measures are carried out by the organs and institutions of the sanitary inspection and anti-epidemic service and a network of general and specialised medical centres and scientific-research institutions.

State sanitary inspection organs supervise and control the implementation of existing sanitary standards and rules and also draw up new obligatory standards for housing, nutrition, industry and schools. Sanitation of inhabited centres and advancement of the general sanitary culture of the population play an extremely important part in preventing diseases.

Considerable work in this field is carried out by anti-epidemic service institutions. As a result of the improvement of living and labour conditions and implementation of preventive measures on a wide scale, such diseases as cholera, small-pox, and the plague have been liquidated in the Soviet Union, and other contagious diseases such as the typhus, typhoid fever, scarlet fever and diphtheria have considerably decreased. The establishment of a wide network of anti-malarial institutions and measures taken for destroying the malaria mosquito, have created conditions for completely eliminating malaria in the Soviet Union.

The use of the dispensary-system method of work by all medical and prophylactic institutions ensures the practical implementation of prophylaxis together with medical treatment.

There is a broad network of dispensaries (anti-tubercular, oncological and others) functioning in the Soviet Union, which carry out prophylactic and medical work on a large scale. They reveal the sick by periodically examining various groups of the population and render them the necessary specialised medical aid with the help of visiting nurses, keep the patients under observation, popularise sanitary knowledge, and do everything in their power to improve the labour and living conditions of ailing people.

The dispensaries have a number of subsidiary establishments such as the night and day sanatoria, dietetic dining halls, and so on.

Prophylactic and medical work is carried out among the women and children by women's consultation centres, maternity homes, infant health centres, mother and child homes, permanent and seasonal nurseries. Infant health centres take care of the health and development of the

children during the first four years of their life. These institutions play an important part in combating children's diseases and infantile mortality.

The medical and sanitary units and health centres at industrial enterprises carry on work in preventing industrial traumatism and occupational diseases.

In the countryside, prophylactic work is carried out by the workers of the village medical centres. They control the sanitary condition of water supply sources, collective-farm households, hostels, dining halls, schools and other establishments, give inoculations and carry on educational work in sanitation.

Vaccination against contagious diseases is widely practised in the Soviet Union. Besides vaccination against smallpox, about 100 million inoculations are given each year against different kinds of contagious diseases. Early diagnosis, a timely hospitalisation of patients, revealing and treatment of germ carrier are measures which all medical-sanitary institutions of the country carry out.

All preventive measures in the USSR are carried out with the broad strata of working people actively taking part in this work.

Sanitary education and the initiative of the population constitute an important link in the organisation of prophylactic work.

All medical workers in the Soviet Union are obliged to conduct educational work in sanitation. Lectures, talks, various forms of sanitary propaganda are widely used in the Soviet Union and raise the standard of the population's sanitary culture.

Public sanitary inspectors, sanitary posts organised at enterprises and institutions, sanitary squads, public health sections under the Executive Committees of local Soviets, and the Red Cross and Red Crescent Society are forms for drawing the broad sections of the Soviet public into health protection and prophylactic work.

— Tass News Agency

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MIASMS - AN UNDERSTANDING

(R. RAMACHANDRAN, MADRAS)

The subject of Miasms is one in which the homœopathic theoritician revels. The literature on the subject is legion, and opinions varied; so much so, the majority of the homœopaths do not have a clear understanding of the theme.

2. "Miasms", the dictionary says, "is noxious exhalation from the marshes, putrid matter etc". But Hahnemann and his followers tell us that it is something more than that. H. C. Allen, whose Keynotes is our everyday Bible, was once asked in a class, how he would define the term "Miasm". Without a moment's thought, the doctor declared; "A miasm is any force that is engrafted upon the organism of a patient, making him more liable to every disease that comes along". The definition is so good that I would ask every homœopath to commit it to memory. Coming from such a high priest of Homœopathy, it conveys a world of meaning to a discriminating mind. In the most generalised manner Dr. Allen tell us that Miasm is a negative force which is engrafted (or sits tight like the old man on Sinbad's back) on the patient, shatters the health, lowers the resistance, and makes him suffer innumerable ailments — all arising from one fundamental cause — a permanent constitutional defect.

3. A patient's diseases at various times may be given a dozen names by the physicians, but the homœopath traces all the diseases to one primary cause. Let me illustrate Dr. Allen's definition.

A girl of 6 years was in poor health (which the doctor called anaemia), suffered from common cold very often (when the doctor called it rhinitis), had cough and fever at least once a month (which was called bronchitis), had enlarged tonsils which used to give rise to acute troubles often (which was called tonsillitis). Needless to say, treatment was different on each occasion, with shots of penicillin each time. The same girl later came under the care of your humble homœopath. After a careful investigation I traced the cause of all the repeated and varied troubles — a history of T. B. in the family. So treatment was based on this single fact, and the girl received Baryta Carb in varied potencies over a period of time, with Bacillinum inter-currently off and on. Improvement became apparent from the start, health improved, colds and cough stopped, the enlarged tonsils began to get smaller — in short, the betterment in health was all-round. Thus the T. B. taint in the girl was the one root-cause of *all* her troubles, making her sick in several ways. This is what Dr. Allen meant when he said that a patient suffering from a constitutional defect will "be more liable to every disease that comes along".

4. So our understanding of the term "Miasm" will be that it is a mysterious constitutional defect engrafted on the patient as a whole, operating in a thousand ways, keeping his health below par all the time, preventing the improvement of his health despite the best care and food, giving rise to several acute phases of disease at every turn of the weather or any trivial upset in his habits, blocking the action of the selected remedies — in short, making the patient chronically sick, unless cured by the right treatment.

5. We should, however, guard against the belief that the existence of the miasm is easy of diagnosis or that it would be just visible on the surface "that those who run

may read". The so-called Modern Medicine with all its much-publicised research, has yet not been able to trace the primary cause of several diseases, — the miasms as explained by the science of Homœopathy. It is only the homœopath, well acquainted with the teachings of Hahnemann and his followers, will be able to sport out the primary constitutional defect by means of the symptoms exhibited by the patient and his life history and order the appropriate treatment in every case.

6. So we see that the miasms are at the root of all chronic diseases and many of the acute phases of the chronic diseases, (chronic means persistent, that is, diseases that do not terminate after an acute phase but continue to afflict the man time and again). But many disease conditions which continue to be persistent cannot be classed with chronic diseases, but are the direct result of allopathic treatment and the direct result of the continued use of violent drugs in large and increasing doses, like quinine, digitalis, sulpha drugs etc. So the wise homœopath will take care, in view of the wide prevalence of indiscriminate drugging all round, to discriminate between symptoms of disease and symptoms of drugging by a careful case-taking. Thus it was that one of my friends, a learned homœopath, found out that the paralysis of the hand in a young boy was the result of drugging with sulphanamides — which he cured by the same drug in potencies administered over a period of time. Homœopathy cured all natural diseases but cannot correct all drug diseases. True chronic sickness is due to the constitutional defects which we call miasms. And a test of a true chronic disease is that it remains uncured even when the patient lives a strictly regulated and hygienic life. Such a chronic disease can be cured or very much moderated by the Homœopathic art. In this connection a perusal of

Hahnemann's Chronic Diseases and paragraphs 77 to 83 of the Organon will be fruitful.

7. There is another peculiarity of the Miasms which we should grasp. It is not as though an individual, tainted with any or all the Miasms, will be ever bed-ridden and sick; on the downward march to the grave. He may enjoy periods of apparent good health, when his constitutional defect lies hidden or dormant. The physician may say all is well with him. Lo and behold. Suddenly the hidden foe flares into activity and fury, bringing the patient down with violent illness. The reason for such a flare-up — which we call the exciting cause — may be anything, an inclement weather, indiscretion in diet, disturbed habits, an emotional cause.

8. So, in the treatment of the acute phase of chronic diseases, the homœopath will try to unravel the exciting cause, which alone holds the key at that time. After tackling the acute exacerbation in this manner, he will then proceed to treat the patient constitutionally over a period of time, when the miasm is probably in a state of remission, so as to eradicate it completely. To explain this further I shall, some other time, cite an interesting case of gout which I failed to cure, simply because the patient purposely fought shy of revealing the real exciting cause of his ailment.

9. After thus obtaining a working idea of the meaning and purport of the term 'Miasms' we shall embark on a more detailed study of the subject.

Painters

Dr. C. Vincent, Madras.

(continued from June 1955 issue)

28. Every man in the deeper layers of existence, in the wide realm of the unconscious, carry not all the drug-pictures, but only certain predispositions or susceptibilities in him, peculiar to himself.

29. Causation of disease by any foreign matter or external inimical influence does not take place in everybody every time.

30. Avoid everything that is likely to conflict with peace and the attainment of welfare.

31. The miasm becomes active during the invasion of any severe attack of acute disease.

32. Disease, often leaves by an eruption or by a discharge from a mucous membrane, as if the excited Psoric miasm being brought to the surface relieving the vital parts of the body.

33. Homœopathy has everything in common with the regular system of medicine, excepting the mode of its approach in therapeutics, the methods of immunisation, etc.

34. The study of Homœopathic Materia Medica is a separate and distinctive thing from the study of pathology.

35. Vaccination by scarification is not without potential possibilities of endangering, immediately or remotely, the general health of the person subjected to vaccination by scarification.

36. Antidotal measures against vaccinosis - the evil effects of vaccination - are necessary and very successful in Homœopathy.

37. "Diseases desperate grown,
By desperate appliances are relieved or not at all"

38. Humphery Rolleston defines quackery as "the practice of medical art by a person who is not conversant with the scientific aspect of the art that he practises".

39. Theory without practice is a burden and practice without theory is a mischief.

40. In Homœopathy, the remedy must be the one in sympathy with the patient.

41. We do not know in what part of the patient the peculiar and characteristic symptom which leads to the similimum will appear, but must be on the alert to recognise it promptly.

42. Close prescribing is business of course, and is also successful.

43. Mathematical precision is not possible in the art of prescribing, but with our Law of cure to guide us we may come much nearer to it than those who have no Law.

44. Cuts, wounds, bruises and burns are no diseases, but are only injuries.

45. As a local application for burns in the proportion of one drachm of carbolic acid to two ounces of Sulphuric ether, and two ounces of olive oil, it is excellent.

46. Always select the remedy for the disease indicated by the symptoms. There is nothing to be more condemned in Homœopathic prescribing than routinism.

47. Prescribe on the symptoms past and present - primary and Secondary; any other method is only palliative.

48. A symptom often verified is a valuable leader to the totality of symptoms.

49. At best a clinical index is but suggestive.

50. The dose of medicine should be repeated only when improvement lagged.

51. When one remedy benefits but does not cure, its complement will usually carry the case towards health.

52. Potentization or dynamization means the liberation of potential energy in the material substance.

THOUGHT GEMS IN HOMOEOPATHY

Mr. K. N. Gopala Pillai M. A., N. S. S. College, Changanachery.

1. A dose of a high potency shakes up the entire vital energy or force of a human being, and should not be lightly used except by somebody with the deepest understanding and knowledge of the action of each drug.

2. The higher potencies, even though they may cure dramatically with one or two doses of the correct drug, are like a two-edged sword in the hands of an inexperienced prescriber, who does not realise the depth of the disturbance of the vital reaction it calls forth.

3. If the doses are repeated too quickly, a serious collapse may ensure, the symptoms may return with renewed vigour and the alarmed prescriber may then go to another drug and set up serious complications.

4. The higher potencies should never be used until the prescriber is sure of his ground and knows, the different remedies in relationship with the various similar and contrasting drugs extremely well.

5. The lowest potencies such as mother tincture or the 1x potency of poisonous drug, such as *Acon* or *Nux* should never be administered, they are too near the danger line, the physiological or chemical poisoning effects.

6. The full knowledge of correct potencies is a study of a lifetime, wide experience and deep research.

7. All potencies work, from the first to the hundred-thousandth, but the physician must remember that there is a best (an optimum) potency for every individual.

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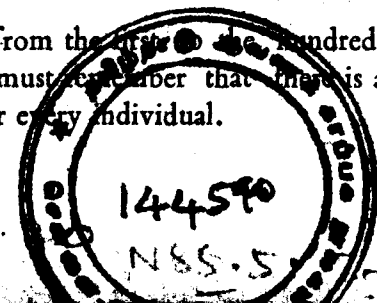
Constipation appears as a regular symptom in almost all diseases. Besides many believe that constipation is the root cause of almost all diseases. It is however, a fact that constipation causes a host of symptoms Lassitude, debility, heaviness of head, pain in various parts of the body, rheumatism, Lambago, want of appetite and a host of other similar vague complaints may be due to habitual constipation. Therefore by removing constipation these complaints can be cured.

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HOMOEOPATHY



Group Photo taken on the occasion of the South Arcot District Homœopathic conference held at Nellikuppam on 26th June 1955

HOMOEOPATHIC CONFERENCES :

SOUTH ARCOT DISTRICT HOMOEOPATHIC CONFERENCE

A conference of Homœopaths of the South Arcot District was held at the Danish Mission High School, Nellikuppam at 9 a. m. on Sunday the 26th June 1955 under the presidentship of Dr. V. R. Murty, Director, Indian Institute of Homœopaths, Kumbakonam. Sri. A. R. Venkatarama Aiyar, Retired Sub Judge, Cuddalore inaugurated the conference. More than 100 delegates from all over the district and outside attended the conference. Dr. V. Jeya Rao. A. M. I. H. the Convenor of the conference, welcomed the gathering.

In his inaugural address Mr. Venkatarama Aiyar, said that there were more than 200 registered practitioners in this district. He said that homœopathy is an economical and efficient system. He also expressed his opinion that once a person took to this method of treatment he would hold fast to it and would have complete confidence in it. He appealed for propagation of this method among the people as this system of medicine was most suited to Indian conditions.

Dr. Murty, in his presidential speech stressed the need for co-operation among homœopaths and deplored the action of certain homœopaths who were acting against the interests of homœopathy and the growth of homœopathy in Tamil Nad. He suggested the formation of a Homœopathy Council in each district so that they could meet every month and discuss their problems. He also advised homœopathic practitioners not to combine any other system of medicine with theirs. He urged that a Homœopathy College and a

First Grade Hospital for Homœopathy should be started in Madras State.

Many homœopaths addressed the conference on the efficacy of this system of medicine.

Many resolutions were passed requesting the Government to be in favour of this system of medicine by registering all existing practitioners of this method and by starting a First Grade Homœopathic College and Hospital. Office bearers were elected to the newly formed South Arcot District Homœopathic Association.

SECOND ANNIVERSARY OF SANTHI MEDICAL HOME, NELLIKUPPAM.

The Santhi Medical Home, Nellikuppam has done useful service to the people for two years and proudly celebrated its second anniversary on the 26th June, 1955 at Nellikuppam. Sri Janakiram, the Labour Officer of the East India Distilleries and Sugar Factories Ltd., presided.

A large gathering attended the function.

There was also a music concert by Srimathi S. V. Subbulaxmi of Nellikuppam, followed by Srimathi M. S. Pattammal of Kumbakonam on the Violin and Sri Ganesan of Tanjore on the Mridangam.

Dr. Jayarao, proposed a vote of thanks.

Erode Homoeopathic Conference.

Recognition to the system of Homœopathy was urged at a conference of Homœopaths held at Erode on Sunday the 26th June, 1955 under the auspices of the Erode Homœopathic Association. Sri Nallasenapathi Sarkarai Mannadiar, M. L. C. Pattagar of Palayakottai and President of the Coimbatore District Board was in the chair. The Conference was inaugurated by Mr. E. V. K. Sampath. More than 200 delegates from all over the district and outside were present.

Mr. C. P. Rajan President, Nilgiris District Board who hoisted the National Flag and the Association flag said that there was vast scope for homœopathic practitioners to render their service through the District Board Dispensaries if the government recognise the system.

Dr. V. Nanjaraj, Chairman of the reception Committee welcomed the gathering and said that the principles of the homœopathic system is not new to Indians. He also explained the origin and growth of homœopathy.

Mr. S. Narayanaswamy of the Indian Institute of Homœopaths Kumbakonam unveiled the portrait of Dr. Samuel Hahnemann.

Inaugurating the conference Mr. Sampath said that the homœopathic system was cheap and economic and suggested that the government could consider the issue by appointing a committee with representation to the doctors in that line.

In his presidential address Mr. Nalla Senapathi Sarkarai Mannadiar, said that out of 31 hospitals under Coimbatore

District Board, 11 had been closed for want of doctors as many qualified men did not accept the District Board scale of pay and for want of facilities in villages. In some villages bogus doctors posing themselves as homœopathic doctors are cheating the villagers. This was dangerous, and he added this could be checked by the Government, giving some facilities for genuine homœopathic doctors in villages.

Messages received from Messrs E. V. Ramaswami Naicker, P. S. Rengaswamy, N. Mahalingam, M. L. A. T. M. Kaliannan, M. L. A. and President of the Salem District Board and the Madras State Homœopathic Association, were read by Dr. D. S. Royar.

The conference passed resolutions requesting the State Government to recognise the homœopathic system of medicine and register the qualified homœopathic practitioners before starting a homœopathic college and hospital under the system as had been suggested by the Central Government and suggesting that two-years study of the homœopathic system of medicine in the proposed college would be enough instead of four or five years as under the present Allopathic system. The Conference also resolved to send a deputation to wait on the Health Minister in this regard.

Dr. V. Subramanian, Secretary, Erode Homœopathic Medical Association, proposed a vote of thanks.

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By Dr. V. R. MURTY

EYES

(CONTINUED)

Ignatia: Sunlight or glare of light unbearable flickering zigzag before eyes. Acrid tears during the day. Ciliary neuralgia.

Iodum: White of the eye dirty yellow, jaundiced, protrusion of the eyeballs. oedematous swelling of the lids.

Iris Vers: Pain over eyes.

Kali Bichromicum: Supra Orbital neuralgia. Eyelids burn swollen oedematous, discharge ropy and yellow. Ulcers on cornea; no pain or photophobia.

Kali Carb: Stitches in eyes. Lids stick together in morning Swelling over upper lid, like little bags. On Shutting eyes, painful sensation of light penetrating the brain.

Kali Chloricum: Face enormously swollen, cannot see.

Kali Iodide: Burning, discharge thick, green, fetid. Syphilitic iritis. Dim vision.

Kali Muriaticum: Superficial ulcer. White mucus discharge, purulent scabs.

Kali Phos: Drooping of the eyelids, Weakness of sight.

Kalmia: Vision impaired. Stiffness of muscles around the eyes and in the eyelids on moving the eyes. Rheumatic iritis, scleritis, pain increased by moving the eye.

Lac Fel: Constant fine sharp stinging pain over the left eye day and night.

Lac De Floratum: Blindness, photophobia in headache.

Lachesis: Amblyopia with chest affections. Ulcers on the cornea Redness, oversensitiveness to light.

Laurocerasus: Pupils dilated immovable. Eyes staring, wide open or distorted.

Ledum P: Haemorrhage in the cavity of the eye. Pressing out sensation in the eyeballs.

Lilium Tig: Pain in eyes extending to occiput, sharp pain over eyes. Eyes water.

• *Lithium Carb:* Sensitive after exposure to candle-light. Right half of objects invisible. Eyes pain after reading, as if from sand in them. Feel dry, sore with suppressed menses.

Lycopodium: Dry with smarting. Conjunctive, looks like a raw piece of flesh. Cataract with gastric symptoms, Styes, ulceration and redness of lids.

Lycopus Virginica: Exophthalmos from cardiac disease, eyes prominent, heart tumultuous.

Magnesia Carbonica: Lids stick together (morning) Ball swells.

Magnesia Muriatica: Inflamed with burning and redness. Margin of lid crusty, with fine eruption. Neuralgic headache around eyes.

Manganum: Pain from sewing and reading fine prints. Burning heat and dryness of the eyes in looking at a bright light.

Mercurious Sol: Syphilitic iritis. Lachrymation profuse, burning and excoriating. Pus between corneal layers. Pain around eyes at night ophthalmia, catarrhal, syphilitic or ulcerative.

Mercurius Corros: Gonorrhoeal conjunctivitis. Burning like fire. Inflammation and destruction of tissue.

Mercurius Dulc: Ulceration of cornea.

Myrica: Eyes yellow, congested, dull heavy feeling in eyes.

Napthaline: Cataract. Opacity of the cornea.

Natrum Ars: Catarrhal conjunctivitis and blepharitis marginalis. Eyes drooping Eyelids almost closed. Blood vessels of eyes and balls are congested-lids granular and stick together in the morning. All eye symptoms are worse morning-soon gets tired on reading.

Natrum Carb: Ulcers on or about cornea. Heaviness in upper lid. Burning and dryness of the conjunctiva. Stinging biting pains. Blue rings around eyes. Dim eyes, have to wipe them constantly.

Natrum Mur: Weak, giving out. Aching when looking intently. Paralysis of muscles. Ulcers on cornea. Pain in eyes on

looking down. Feeling of sand in eyes. Acrid, excoriating tears. Photophobia, protrusion of eyeballs. Tumours on the margins of lids-Tears stream down on coughing, cataract incipient.

Natrum Phos: Discharge golden yellow, creamy, one pupil dilated, eyes (whites) dirty yellow.

Natrum Sulph: Sight dim. Eyes weak and watery, jaundice. Photophobia with headache. Burning lachrymation in right eye-near fire morning and evening lids heavy, pressure in eyes while reading in evening. Itches on edges of lids in the morning.

Nitric Acid: Feeling of sand in eyes. Short sightedness. Corneal ulceration. Sticking and stinging in the eyes, Eyelids swollen hard, red, warts on the upper lid.

Nux Moschata: Dry, lids heavy, stiff, cannot keep awake.

Nux Vomica: Photophobia in morning. Burning, smarting as from salt. Lids burn and itch.

Oleander: Feels eyes drawn in towards the head.

Onosmodium: Feeling of tension in eyes, when straining to read fine print. Dull heavy pain in balls.

Opium: Pupils contracted. Eyes half opened and up-turned. Dilated, staring, glassy pupils insensible, contracted.

Paris: Eyeballs drawn inwards as if by a thread.

Petroleum: Marginal blepharitis. Granular lids. Fissures in corners of eyes with great itching.

Phellandrium: Ciliary neuralgia. Headache, involving nerves going to eye.

Phosphoric Acid: Pain as if eyeballs are pressed together and into head. Blue rings around. Headache from overuse of eyes.

Phosphorus: Glaucoma. Contracted pupils. Weak eyes, burning, smarting and redness > Cold water. Atrophy of optic nerve. Lids Oedematous Hollow, surrounded by blue rings.

Phytolacca: Smarting. Abundant lachrymation, hot.

Picric Acid: Chronic catarrhal conjunctivitis, with copious thick yellow discharge.

Plantago: Periodical prosopalgia accompanied with flow of tears.

Platina: Objects look smaller than they are. Twitching of lids.
Eyes feel cold.

Plumbum: Pupils contracted. Yellow optic nerve inflamed.
Suppurative inflammation sudden loss of sight after fainting.

Podophyllum: Eyelids half closed in head troubles.

Psorinum: Eyelids thickened and turned out as in ectropion.
Blepharitis. Chronic recurrent ophthalmia.

Pulsatilla: Burning itching, lachrymation oversensitive to light.
Dimness of vision. > rubbing or wiping them. Granular lids.
dry or with bland discharge > open air. Profuse yellow,
purulent discharge, gluing the lids, in morning. Recurrent styes.

Pyrogen: Balls sore to touch or motion.

Ranunculus Bulb: Pressure in eyeballs. Burning and sore
feeling.

Raphanus: Rotary motion of the eyeball.

Rhododendron: Muscular asthenopia, darting pains through
eyes from head, worse before storm.

Rhus Tox: Acrid lachrymation. Lids spasmodically closed. Pustules
and superficial ulcers in cornea with photophobia. Eye
red, lids swollen and inflamed.

Rohitax: Dim vision, heat, burning, dull.

Ruta: Eyes burn, ache, feels strained, sight blurred from fine
sewing, reading fine print or otherwise over-taxing them.
Complaints from overstraining the eye muscle. Eyetroubles
from riding in cold wind. Feel hot like balls of fire. Itching
at inner canthus, smarting after rubbing, eye becomes full
of water. Disturbances of accommodation.

Sanguinaria: Rheumatic headache from occiput to vertex
settles over the right eye.

Secale cornutum: Sunken and blue rings around eyes photo-
phobia. Pain as if balls are rotating spasmodically. Look
fixed, wild, glazed, staring.

Senecio Aureus: Sharp pains over left eye.

Senega: Pain as if pressed out, balls as if expanded in evening.
Too large for orbits. Blepharitis. Staring, flickering, must
wipe eyes frequently. Lachrymation. Muscular asthenopia.

Sepia: Pain as from sand in eyes, ciliary irritation. Burning and
lachrymation (the eye symptoms are reflexes of uterine
symptoms).

Silica: Sunken. Aversion to light, especially day-light.

Sinapis Nigra: Acute (acid) coryza with lachrymation, itching
and burning of eyes.

Spigelia: Dilated pupils. Sharp stabbing pressing pain on
turning the eyes. Thrusting pain like a knife. Eyeballs feel
too large, winking often.

Spongia T: Cold staring. Pressing, stinging, Red, sunken eyes
watering.

Squilla: Feel miserable, child bores into them with fisis; eyes
water.

Stannum: Drawing pains in malar bones and orbits.

Staphysagria: Syphilitic iritis. Blepharitis, hard styes and
tumors on eyelids, Rheumatic ophthalmia. Eyes surrounded
by blue rings. Bursting pain in eye-ball temple.

Stramonium: Staggers in the dark or with eyes closed. Eyes
fixed, wide open, immovable, pupils dilated, total
blindness.

Sulphur: Burning. Painful inflammation of eye, congestion of
optic nerve, obscuration of sight like a gauze before the eyes.
Ulceration of margin of lids. Heat and burning in eyes.
Lids stick together at night. Lids swollen, burn and smart <
bathing.

Sulphuric Acid: Intra-ocular haemorrhage following traumatism
with aching and sharp pain.

Symphytum: Pain in eye after a blow of an obtuse body. For
traumatic injuries of the eyes.

Syphilinum: Inflammation and ulceration of the cornea.
Profuse lachrymation. Photophobia lids swollen, intense pain
at night.

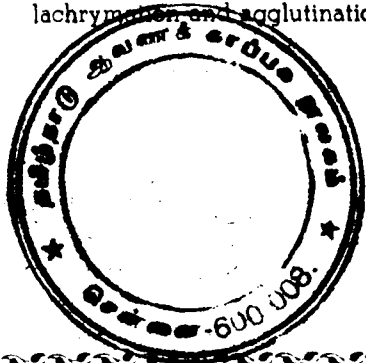
Tabacum: Sunken eyes, pupils dilated. Amaurosis, Dim sight.
Seen as through a veil. Central scotoma.

Tarantula Cubensis: Shooting pain through left eye across
frontal region.

Tellurium: Lids thickened, inflamed. Lachrymation.

Tencrium Marum: Smarting in canthi-tarsal tumour.
Terebinthina: Iritis with urinary troubles.
Theridion: Flickering before eyes. Sensitive to light, hard heavy, dull pressure behind eyes. Throbbing over left eye.
Thuja: Ciliary neuralgia; iritis. Eyelids agglutinated at night. Styes and tarsal tumours. Sclera looks bluish red - Chronic scleritis.
Tuberculinum: Pain in eye balls and bones.
Uranium Nitricum: Styes, lids inflamed.
Valeriana: Stitching from within, piercing pain from within outward alternating with headache.
Zincum Met: Upper lids heavy, sensitive to light. Rolling of eyes. Squinting.
Zincum Sulph: Inflammation of the eyes, opacity of the cornea during menses. Pain as from sand. Photophobia and lachrymation and agglutination of lids.

(to be continued)



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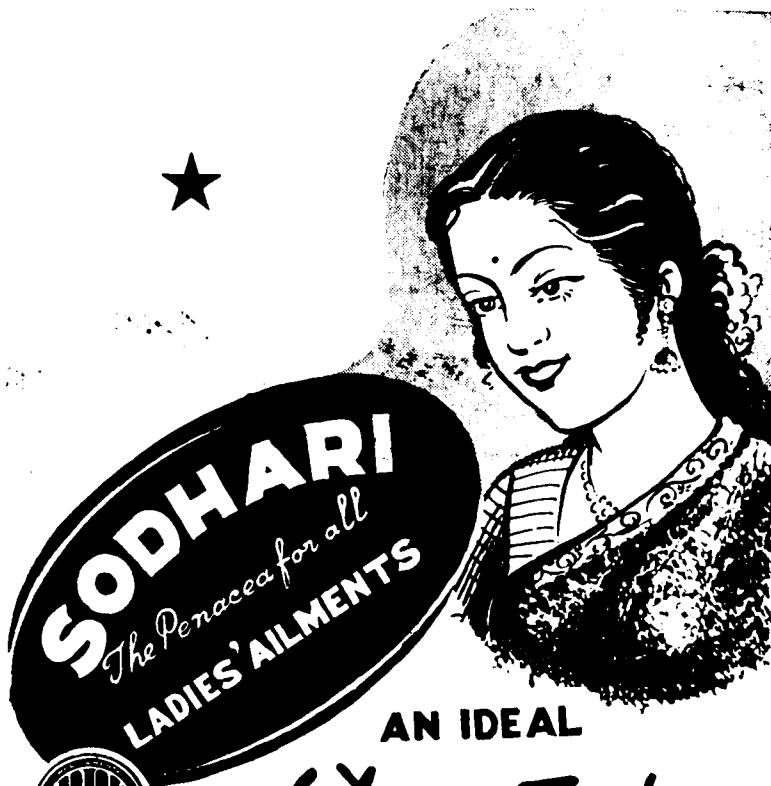
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AUGUST 1955

HOMOEOPATHY IN
CEYLON

★★

IMPORTANCE OF
TEACHING GOOD
MANNERS

★★

HOMOEOPATHY AND
COFFEE



JOURNAL OF THE
INDIAN INSTITUTE OF HOMOEOPATHS

The "HOMOEOPATHY"

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The "HOMOEOPATHY" is the official organ of the Indian Institute of Homoeopathy (Kumbakonam and Madras) and is published on the 1st of every month.

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AUGUST

1955

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VOL. V

AUGUST

BOOK 8

Homoeopathy in Ceylon

Luck seems to favour Homoeopathy in Ceylon. There are at present a few hundreds of Homoeopathic Medical Practitioners in the island of Ceylon and most of them are, we understand, rendering excellent service to the country. Almost all the practitioners of Homoeopathy in Ceylon are people who have had their training in some one of the Homoeopathic Institutions in India.

Finding the large number of Homoeopathic practitioners and also the excellent service they render to the people, the Government of Ceylon set up a Committee of Inquiry under the presidency of Dr. P. N. Banerjee of Calcutta early this year. The purpose of the Committee was mainly to find out "if homoeopathy can be recognised by the State as a system of medicine and if so what steps the Government will have to take in the matter". This Committee took evidence from almost all people who are interested in Homoeopathy in Ceylon, and we understand, that many people who gave evidence before the Committee were members of the Indian Institute of Homoeopaths, having had their training in this Institute, both by correspondence and personal tuition.



Mr. Kanagaratnam is received at the entrance of the Institute.

We also understand that many people who appeared before the Committee informed it that the Kumbakonam Institute was a well organised institution and that it was doing real service to the cause of Homoeopathy. It also seems that a few, probably through ignorance, said that the Kumbakonam Institute was also one of the so many bogus institutions and missions now found in plenty in this country. In spite of what interested and ignorant people may say, truth always wins and we are glad to find that events so turned up to proclaim to the world the real service the Kumbakonam Institute is doing for Homoeopathy.

The Ceylon Government deputed Mr. K. Kanagaratnam Retired Auditor General of Ceylon and a member of the



Mr. Kanagaratnam is evidently interested in some books at the Library.



Inspecting the Machine Triturator.

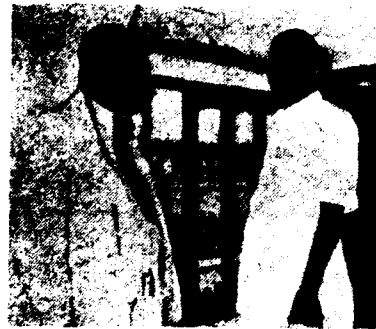


Dr. V. R. Murty explains to Mr. Kanagaratnam something about the manufacture of medicines in the Laboratory

Committee of Inquiry on Homoeopathy, to visit the Indian Institute of Homoeopaths, Kumbakonam. He arrived at Kumbakonam on the 9th July 1955, and saw for himself the nature of the work the Kumbakonam Institute is doing. After going round all the departments of the Institute and after having been introduced to the various departmental heads, the following is what Mr. Kanagaratnam wrote in the Visitors' Book of the Institute:—

"When I served as a member of the Committee of Enquiry on Homoeopathy in Ceylon, a good number of the practitioners who gave evidence

HOMOEOPATHY



Dr. Murty & Mr. Kanagaratnam at the Dispensing Section.

before the Committee stated that they received their lessons by post from the Indian Institute of Homoeopaths run by Dr. V. R. Murty and in some cases the practitioners have attended the Summer Course of Practical Training given by Dr. Murty. I took the opportunity of going to Chidambaram for the 'Maha

Kumbabhishekam' also to visit the Institute today. Dr. Murty very kindly took me round the Institute Laboratory, Library, Office, etc., and I was particularly struck by the business-like manner



Mr. Kanagaratnam was entertained at a Tea party in the evening.

in which the entire organisation is managed and administered. The orderliness and cleanliness of the place attract one's attention immediately

There is no doubt that Dr. Murty has imbibed the true spirit and philosophy of Homoeopathy and runs the Institution in a way to serve as a model even for practitioners of other systems of medicine.

"I am glad I visited the Institute as I now see why it is so popular in Ceylon for its course of Postal training and instruction and for its medicines largely used there.

"I wish the Institute all success"

Finding the excellent manner in which the Indian Institute of Homoeopaths is administered, Mr. Kanagaratnam suggested to Dr. V. R. Murty, the desirability of the Indian Institute of Homoeopaths opening a Centre at Ceylon to train candidates in Homoeopathy and to conduct the final examination there itself. Dr. Murty agreed to Mr. Kanagaratnam's suggestion and assured him that this could be done provided the Ceylon Government recognised Homoeopathy.

We are indebted to Mr. Kanagaratnam for his visit to our Institute and also for the various suggestions and advices that he gave us. May Homoeopathy live long both in India and in Ceylon.

The following is from the TIMES OF CEYLON, dated the 25th July 1955:—

HOMOEOPATHY CENTRE FOR CEYLON

Dr. V. R. Murthy of the Indian Institute of Homoeopaths, Kumbakonam has accepted the suggestion of Mr. K. Kanagaratnam, a member of the Committee of Inquiry in Homoeopathy to establish a centre in Ceylon to conduct the examination in the same way as any other public examination, provided the Government recognises Homoeopathy as a system of medicine in Ceylon.

This was stated by Mr. K. Kanagaratnam on his return here after visiting the Institute.

In an exclusive interview he told "The Times of Ceylon", that the report of the committee was signed on July 1st and submitted to the Minister for health.

IMPORTANCE OF TEACHING GOOD MANNERS

DR. VIVIAN O. B. GARTSIDE

It is a matter of common observation nowadays that children are not as well mannered as was formerly the case. This does not apply to any particular group of children but to all groups. Neither does it seem to be related to the public or state school training nor even to boarding or day school scholars. It is as much a characteristic of a generation as were Victorian morals, Edwardian etiquette or the cocktail parties of the early 'twenties.

To understand this, it is necessary to look at the fundamental pattern of child behaviour. One often hears the saying "Children are born mimics." Not only are children born-mimics, but the young members of any species are born mimics, and in nature this characteristic is responsible for survival. The young birds learn to fly by flapping their wings in imitation of their parents. At first, there is a lot of noise and movement without much progress, but soon the process of imitation leads to improvement, and the young bird flies. It is then ready to look for food, and here again it carefully follows the example set by its-mother, and so wins the fight for survival. This pattern of mimicry which is found in all animals is therefore present in children, and they are quick to learn, whether it be good or bad influences to which they are exposed.

In pursuance of this argument, it is true to say that the influence of the mother is much greater than that of the father, and the influence of the school is less than the home. It is also believed nowadays by students of child behaviour that the behaviour pattern is determined before the age of

five and some psychologists put the age earlier than this. I am not suggesting that external influences do not affect the child after he reaches school age, but these influences tend to modify or accentuate existing traits in the child's character rather than give rise to the spontaneous generation of new ones.

One is bound therefore to come to the conclusion that when considering the question of teaching good manners and politeness to young children, one must repeat again the oft repeated assertion that example is better than precept. In plain language this simply means that if one expects a child to say 'please' and 'thank-you' when the commonly accepted standards of good behaviour demand, the child from his earliest contact with the spoken word must hear his parents say these words and phrases. It is no use father rushing in to breakfast with five minutes to spare before catching (or missing) the 8.35, demanding "Give me a quick cup of tea", or "Pass the sugar" etc. and then expecting the children to say in a meek voice "Please may I have a cup of tea." The child does not appreciate the complex set of circumstances affecting the pattern of father's behaviour; he merely sees father do it, and imitates.

MANNERS IN PUBLIC CONVEYANCES

Public transport vehicles are particularly noteworthy for the opportunities they present for lapses in good manners, and the London Underground system seems almost to have been designed with this end in view rather than to fulfil the needs of transportation—its ostensible role. Children are frequently a nuisance in the subways, pushing and shouting along the corridors. But in fairness, one must admit that the conduct of many adults on the underground leaves much to be desired. There is a particularly obnoxious type of

person who runs up and down the steps of the escalator or weaves to and fro along the corridors as if he were practising for a game of football. Children very seldom offer their seats to adults when the transport is crowded, and male passengers too, are sadly lacking in the direction of courtesy to women. There is also a select body of female travellers who make journeys between two or three stations and consider it more convenient to crowd behind the doors of the carriage rather than take a seat if one is offered to them. It is small wonder that the standards of behaviour among children are deteriorating when they are surrounded by this unsatisfactory examples and influences.

Whilst I am convinced that the arguments set forth cover the principal cause of the altered standards of behaviour in children, I am equally certain that many adults do not realise the extent to which their own conduct is copied. There is great scope for explaining these points through the medium of infant welfare centres, and by health-visitor teaching. The matter will naturally need careful handling and much tact but it is necessary that it should be done.

Unless the problem is tackled, the standards will regress even further, and it is going to be a poor sort of world that is full of physically perfect children who are completely lacking in politeness and courtesy. So adults, and particularly parents, beware! The next time you put your elbows on the table, speak with your mouth full, open the newspaper across the dining table or elbow your way into the bus—think of the children who are watching.

—(*Mother and Child*, Dec. 1951).

HOMOEOPATHY AND COFFEE

(Dr. P. SANKARAN, L. I. M. BOMBAY)

Experienced Homœopaths confirm that the more one sticks to the rule laid by Hahnemann in the practice of Homœopathy the more one is likely to be successful. There is no doubt that Hahnemann had laid down the rules after great thought. However it would seem that various circumstances have to be taken into consideration when they are applied in practice. Strict enforcement of the rules without reference to any other conditions may even defeat the very object of the treatment. We shall here briefly discuss the prohibition of coffee that is imposed when the patient is under Homœopathic treatment.

Hahnemann has advised that coffee and such other stimulants and medicinal substances should be avoided in the diet of the Homœopathic patient. It is further specifically mentioned that coffee is an antidote to many of the Homœopathic drugs. As such all earnest Homœopaths strictly prohibit coffee. But unfortunately this prohibition tends to make Homœopathic treatment harsh and unpopular, especially in South India, where a good number of people are addicted to this drink. Hence the necessity to consider this question.

The following two experiences stimulated my inquiry in this direction.

"I was once treating a case wherein the symptoms were clearly indicating *psorinum*. The lady had fissures in the palms and soles recurring every winter for over twenty years. One dose of the drug *Psorinum* was given to her with instructions that she should strictly avoid coffee, especially as Dr. Boerick mentions that coffee completely

antidotes the effect of *Psor*. The response to the drug was very good and the fissures disappeared within two months without any further medicine. I congratulated her on the recovery and commended her discipline in avoiding coffee as she had been a very strong addict. You could imagine my surprise when she told me that she had been regularly taking coffee all these days but in difference to my orders. She had been taking coffee only twice a day instead of her usual t. d. s.

My second experience was when I was proving the drug *Sepia* on myself. By the 7th day of taking one dose of the drug, I had developed many of the classical symptoms such as emptiness in the lower abdomen with a sense of fullness in the stomach, hunger with nausea, lassitude, all food and drink tasting salty etc. As the symptoms persisted too long, I decided to antidote the drug by taking coffee twice a day. As I was not addicted to coffee, I expected that it would immediately abrogate the effects of *Sepia*. But the symptoms subsided only very gradually and took nearly 20 days to disappear. It appeared to me that the symptoms came down by themselves rather than due to any effect of the coffee".

These experiences led me to experiment on the subject. To certain patients I relaxed these restrictions and allowed them to take all articles to which they were habituated including coffee. After a certain period when I assessed the rate of their improvement before and after the relaxation of the restrictions, it appeared to me that the results with coffee and without coffee were more or less the same. Therefore I considered the subject worth discussion. A reference to the Boenninghasen's writings revealed that he had taken a very sober attitude towards this problem. He considers that when an article of diet is taken habitually it is very unlikely to have any strong medicinal effect on the body.

He further considers that the crude and relatively inert substances in the diet may not be able to influence the all powerful energy of the potentised medicine, for it is known that potentisation increases and develops the inherent energy in the drug, to an extraordinary and almost incredible degree.

It is common knowledge that the habit of smoking or drinking is widely prevalent in western countries. A westerner if advised to stop smoking or drinking is likely rather to stop the treatment. Reference to the old numbers of Homoeopathic Recorder reveals an article and a discussion on the subject. In the discussion several doctors have remarked that they had been forced by circumstances not to prohibit anything to which the patient is habituated and yet to their surprise they had found that the medicines were still quite effective. One doctor even says that he had to administer the medicines to some of his patients mixed with the substances of his diet such as soup, tea, alcohol, etc, and yet found them quite effective. This discussion is therefore quite revealing.

The sum and substance of the whole thing is that there is a need to conduct controlled experiments in which the patients should be administered the medicine with and without dietary restrictions and the effect to be observed and recorded. It is possible that these results may help us to adjust our views and modify our practice. There is no doubt that the views of many Homoeopathic Practitioners on this subject is rather prejudiced and parochial and that they are swayed by the weight of traditional teaching and practice. At the present moment an unconventional, unbiassed and more rational approach to this problem seems to be called for.

THOUGHT GEMS IN HOMOEOPATHY

Mr. K. N. Gopala Pillai M. A., N. S. S. College, Changanachery.

1. Homoeopathic medication correctly applied, not by rota, makes the prognosis of many diseases more hopeful, it helps nature instead of hindering it.

2. There are no specific drugs for specific diseases but only a specific drug for the particular patient at the precise moment he is being treated.

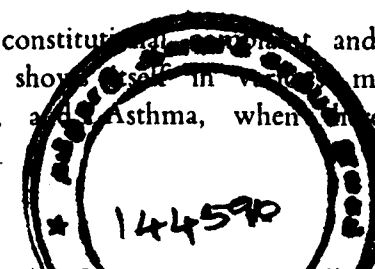
3. In every case which presents itself to homoeopathic physician, he has to start from Zero, he has to know the patient before him, all his peculiarities, all his oddities, all the hundred and one things which distinguish that particular individual from all the others of the species.

4. Most cases of Asthma are complicated by sycosis and then you require sycotic medicines and it takes years to rout the enemy and much careful prescribing before the patient is got on the road to health.

5. Asthma in young children requires in my experience at least two and a half to three or four years treatment before this tendency to Asthma is completely eradicated:

6. Asthma is a constitutional complaint and very often hereditary and shows itself in various members of several generations, and Asthma, when hereditary, is a sycotic complaint.

AUGUST '55



7. There is a curious symptom, 'Asthma' of sailors as soon as they go ashore, relieved again as soon as they are at sea! This variety of Asthma is covered by *Bremine*.

8. Individualize each case, whatever the diagnosis may be, and if the patient is willing to assist you by giving a correct account of his sufferings Homoeopathy can be of the greatest use and can frequently turn a broken vessel into a sound one.

9. A cure means making the individual so well that he forgets that he is ill and enjoys life and dies, not from a disease, but from old age without having been a burden to his relatives and friends.

10. You could spot out a *Lachesis* patient by her purplish or bluish complexion, a woman who would look at you with very suspicious eyes, extremely jealous, and in spite of her breathlessness loquacious and talkative.

11. We are all victims of our fore fathers failings and shortcomings and we cannot be blamed for it. Our responsibility to the succeeding generation is not to add our quota, not to make it worse, but to diminish it by simple, healthy living by refraining from vicious acts and thoughts.

12. A *Sulphur*-patient is an eternal question-mark frequently and wants to prove into everything.



USE OF WATER IN FEVER

(R. Ramachandran, Madras).

In cases of high fever of any type, the ice-bag is generally placed over the forehead of the patient, to reduce the temperature and to keep it within manageable limits. Though the usefulness of such a proceeding cannot be doubted, often we find ourselves in a predicament where we are unable to procure ice in sufficient quantities or the ice-bag itself in remote places, or at dead of night when the fever shoots up alarmingly. And many poor patients cannot afford the luxury of the use of the ice-bag in their homes.

To meet the situation described above, I've been using a technique in the past few years which has stood me in good stead on numerous occasions. The method is so simple and efficacious, I want to give it the widest publicity.

I first learnt the method from an old medical journal (*Clinical Reporter* 1892, page 30) and reproduce it below as described by one Dr. J. A. Hopkins:—

"Fill a vessel with a cold fluid and pour in a small stream from a height of one or two feet upon the wrist of the sick person for 5 minutes. By doing so, you will rapidly reduce the temperature. The weight of water and the evaporation of it tend to increase its good effects very much. The cooling stream directly over the ulnar and radial arteries tends to cool the current of red hot blood passing there through. The coats of arteries are contracted, which lessens the flow as well as cools the blood within the vessel. The heat is thus removed. You will find the temperature sensibly reduced by repeating the application when you find the



Group Photo taken on the occasion of the 5th Anniversary of the
Ponani Homoeopathic Association.

temperature rising, you will have a remedy always safe and sure; the patient always expressing himself as feeling very much better if he is conscious. You will do in a few hours what you cannot do in hours by internal medication."

I am using the above method in actual practice with slight modification. I cover the patient with a blanket up to the neck, to prevent sprays of water drenching him, ask him to extend one hand outside the couch, place a bucket below the forearm as a receptacle for the water that is poured, and keep on pouring water as cold as can be obtained, upon the wrist of the sick person where you feel the pulse, from above the hand, from a height of about 2 feet, steadily. I use cold water in which some pieces of ice have been put, or cold pot water, or even cold well water, the idea being to use water as cold as is readily obtainable. I continue pouring water in the aforesaid manner for about 5 minutes, then given an interval of 2 minutes, & then alternate with the other hand. The interval of 2 minutes between each operation is very essential, according to my reckoning. In actual practice, one will not have to continue the pouring of water for half an hour, as the doctor has stated. You will find an appreciable lowering of temperature in about 10 to 15 minutes. After having brought down the temperature to tolerable levels, you may suspend the proceeding for some time, and in the meantime, study your case for the proper remedy. You should not, however, imagine that you will be able to reduce a high temperature to normal, by means of this method alone, tho' it does happen sometimes, without the use of any medicine.

I have used this process in high temperature of typhoid, malaria, bronchitis, pneumonia, and in fits and convulsions of children due to high fever, and I have always derived benefit.

I vividly remember how the above method actually saved the life of a friend of mine, a learned Siddha physician of Bangalore. Once I described this method in a talk I gave to a gathering of homoeopaths, at which my friend was also present. He made a note of it, and a few days later, had to make use of it in his own case. One day he was preparing some strong Siddha medicines, and that very night developed very high fever (106.) rather suddenly, by about midnight. He almost lost his consciousness and his condition caused alarm to the entire household. No immediate medical assistance was available. My friend vaguely realised his predicament, but managed to instruct his servant to fetch some cold water and pour it steadily on his wrist. In about 15 minutes the temperature was definitely less, and he felt comfortable. By the next day he was completely all right.

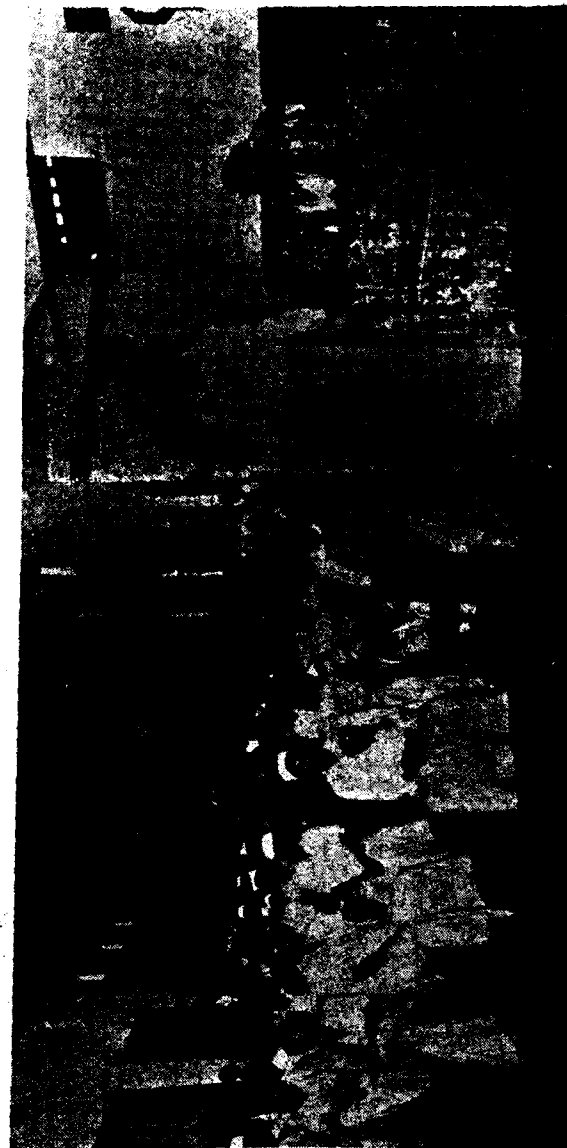
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Dr. V. R. Murty with the members of the Homoeopathic Association, Ponani who gave a reception to him on 1-7-1955.

Painters

Dr. C. Vincent, Madras

(Continued from July 1955 issue)

53. As in *Aconite*, rules are always general and there is an exception to every rule; but it is no wonder if the most general rule, that indicated by the symptoms one may give any remedy in any disease rules out a less general rule that a certain remedy should not be used in a particular disease because of the incompatibility of the general characteristics of both the remedy and the disease.

54. Low potencies of drugs are not homoeopathic as a rule.

55. As an exception, in organic disease, where there is much pathology, use the lower potencies.

56. In hardening of the coronary arteries, as well as in general decomposition of the tissues of the heart where pathology overshadows symptoms, give tincture *Crataegus* one drop night and morning.

57. For *Urticaria* or nettle-rash *Urtica Urens* may be given in decoction even, like the Ayurvedic method of treatment for the same.

58. *Hydrastis* tincture may be used in uncomplicated enlargement of the prostate gland.

59. *Carduus Marianus* 1x is to be used in chronic liver troubles with calculi, sallow complexion and tendency to varicose veins.

60. For liver troubles eat a raw apple, chewing it thoroughly at bed time.

61. Some remedies act only in low potencies; for instance, cough with much phlegm is relieved by *Senega* in low potency, no success with the high.

62. As low potencies are non-homoeopathic and therefore harmful in most cases, highest potencies are of tremendous good and tremendous evil according to the conditions of the cases.

63. In aphorism 270 of Hahnemann's "Organon of Medicine" we read that the 30th, decillionth dilution, of remedies is to be the one most generally used.

64. Never use *Sulphur* in the acute inflammations of the abdominal organs; it creates pus and increases its development says, Dr. H. A. Roberts.

65. In arthritis, progressing from the great toe upwards, better from cold, give *Ledum*.

66. When appendicitis comes on with a rush, *Belladonna* is called for, but do not delay operation.

67. Use *Mercurius* in toxic conditions of pregnancy, *Phosphorous* in albuminures of pregnancy and *Uranium nitrate* in glycosuria.

68. In rheumatism without swelling think of *Iodine*, says an authority.

69. Rheumatism in all joints, beginning in upper extremities indicates *Cactus* and that beginning in the lower *Ledum*.

(to be continued)

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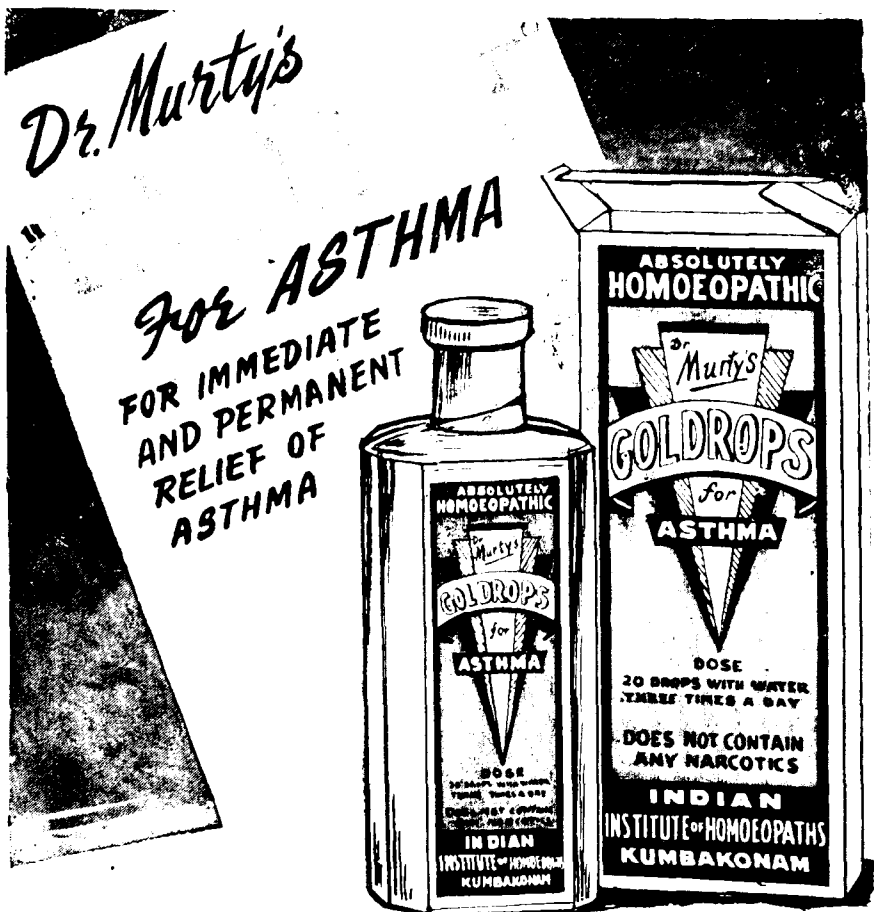
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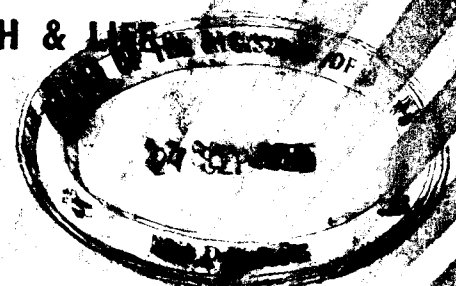
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M. SAMUEL

HOMOEOPATHY

231

FOR HEALTH & LIFE



SEPTEMBER 1955

MADRAS GOVERNMENT
AND HOMOEOPATHY

SOME RANDOM
REFLECTIONS ON
HOMOEOPATHY

PREVENTIVE MEDICINE
IN EVERY-DAY LIFE



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HOMOEOPATHY

Managing Editor: Dr. V. R. MURTY

SEPTEMBER

1955

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VOL. V

SEPTEMBER

BOOK 9

MADRAS GOVERNMENT AND HOMOEOPATHY

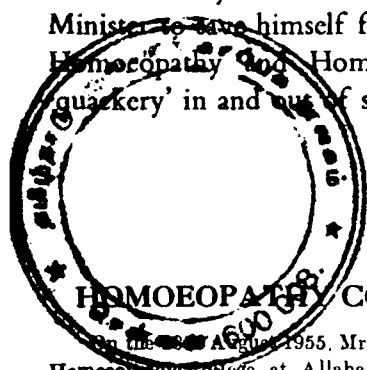
Elsewhere in this issue we have published, for the benefit of our readers, the Madras Health Minister's replies to questions on Homoeopathy in the Legislative Assembly recently. *Friends of Homoeopathy* in the State frequently raise their voice in respect of this system of medicine in the assembly and every time our resourceful Health Minister replies in a certain manner, which some times is derogatory to the system and its practitioners. But, we are glad to find that at least this time Mr. Shetty has said something which must make Homoeopaths of this state and those who are interested in the system heave a sigh of relief.

Mr. Shetty said that Homoeopathy had lost favour in the land of its birth (Germany) and the land of its adoption (America) and so it was not necessary that Madras should foster it. Even if we accept the learned Minister's statement, we think that it is neither wise nor proper to compare conditions in Germany or America with conditions in India. America which adopted and fostered Homoeopathy in the last century and the first quarter of this century does not need Homoeopathy now, because Homoeopathy is the poor man's medicine. Again, Germany is a land torn by two wars in quick succession. India today needs Homoeopathy because millions and millions of its population are poor and

cannot get any treatment when sick. The state medical system is very costly and the state is not able to provide even a very small portion of the actual needs of the people. As such, the people, in spite of top heavy taxation in every sphere, are left to shift for themselves and but for the indigenous systems and Homoeopathy, what else is there for the people to fall back upon in times of need?

However, we are glad to note that Government do not wish to interfere with the spontaneous growth of the system and the Minister said, "Let the Homoeopathic practitioners try their own ways without Government patronage of any kind". Very well; that is what Homoeopaths are doing at present and we would only request the Government not to interfere with such growth, as has been done in Bombay, Travancore and certain other States. In those states Homoeopathic practice has been controlled without making any provision for new comers to enter the field although the people want Homoeopathy and need it too.

Now that the intentions of Government are definitely known, friends of Homoeopathy can help it by not raising the matter any more in the Assembly. This will help the Minister to save himself from inventing new phrases to name Homoeopathy and Homoeopathy too from being called 'quackery' in and out of season.



On the 1st August 1955, Mr. Lal Bahadur Sastry, declaring open the new Homoeopathic College at Allahabad, said, "India is a vast country and there is vast scope in this country for the various systems of medicine to thrive and give relief to the poor. Our people must help Homoeopathy and other neglected systems of medicine."

SOME RANDOM REFLECTIONS ON HOMOEOPATHY

V. N. Ramaratnam M.A.

INTRODUCTION: Any great thinker who preaches something contrary to the accepted dogmas must have remarkable courage. Such a courage born of conviction that his system is superior to every other system was possessed by Dr. Hahnemann, the father and illustrious founder of Homeopathy. He brought about a revolution in the field of medicine. Every true disciple of his who follows his system must have a similar faith in Homoeopathy if he should really succeed in this world of unhealthy competition.

WRONG NOTION: There is one serious charge levelled against Homoeopathy which every true follower of Dr. Hahnemann must try to disprove in practice. It is said that Homoeopathy is such a simple system which any one can take to provided he has a book and a small chest of medicines. This is an observation made not out of knowledge but out of ignorance and envy. Very often Homoeopathy is blamed while the real cause of failure lies either in the dishonesty of the dealer or the ignorance of the prescriber.

SOUND KNOWLEDGE: In order to ward off such criticism and to avoid bringing the system and its founder into disrepute every one who takes to this science seriously must first of all acquire the necessary knowledge. It must be borne in mind that Homoeopathy like many similar sciences is a lifetime job and one cannot gain mastery by simply perusing a few books or pamphlets. As in the case of other subjects there are no shortcuts and there is no royal road to

learning even in Homoeopathy. Dr. Hahnemann has rightly emphasized in his *'Organon'* how in this *Art of healing*, it is not good to venture with inadequate equipment. 'A little knowledge is a dangerous thing' is as true of this science as of any other. Moreover all eyes are on us - people are vigilantly watching - not to praise but to blame us for our failures - and it is not proper on the part of any of us even inadvertently to give our critics a handle or an opportunity to pick holes in our system.

INTELLIGENCE: Knowledge can be acquired by industry but intelligence and sturdy commonsense are qualities that are inborn and inherent. Qualifications remaining the same, it is this that marks all the difference between a successful man and an unsuccessful man in any walk of life. It is this that makes one lawyer have a roaring practice while another has to practice patience. Again, it is this that differentiates the doctor who has absolutely no rest and another who spends his time simply dusting the shelves. Sir Joshua Reynolds was once asked what he mixed his colours with. Out came the answer 'Brains'. A Homoeopathic doctor therefore requires first and foremost a sound knowledge and also sturdy commonsense and a sparkling intelligence.

INDIVIDUALITY: The next thing to remember is that Homoeopathy is based upon the individuality of man. We are no doubt living in the 'era of interchangeable parts', but man is not a machine made product. Just pause and reflect if there are two individuals who are exactly alike in all respects. So, every man differs from every other in face, in voice, in gait, in temperament, in tastes, in outlook, in ideas, in aversions, and in aspirations. Such being the case, is it not the duty of every doctor to study each case separately and prescribe the medicine suited to that particular individual? In fact, in Homoeopathy we treat the individual and not the

disease, and we have also very good 'temper' medicines in Homoeopathy.

NO LABELLING: Since the Homoeopath is interested in the individual he is not at all anxious to label the disease and put it into a particular compartment. He does not go in quest of some high - sounding Latin name as though the nomenclature is all important. He is only anxious to study the symptoms and he does it with all care, for the symptoms are the outward manifestations of an abnormality in the human body. It is Nature's voice speaking in its own peculiar way and the ability of the Homoeopath lies in cleverly interpreting that language. Dr. Nash has a beautiful example to give in illustration of this. A case was in the hands of an allopath for a long time and he was not able to diagnose it correctly. Then the patient consulted a Homoeopath and the allopathic doctor was also present out of curiosity. After careful examination of the symptoms the Homoeopath remarked that it was a case of 'Stannum'. This was all Greek and Latin to the allopath because it did not come under the list of diseases with which he was familiar.

MATCHING PICTURES: When a patient comes to a Homoeopath complaining let us say of pain, the Homoeopath simply plies him with a number of questions. Where is it located? What is the nature of the pain? Is it on the right side or on the left? When does it start and when does it grow worse? What relieves it? These and many more such questions are asked with a view to finding the 'Three legged stool' in Homoeopathic language. After this, he tries to match his 'drug picture' with the 'disease picture' and to the extent to which the two are closely similar to that extent the cure is guaranteed.

SOCRATIC METHOD: Oftentimes this method is criticised as being irksome and vexatious. They compare it with the inventory taken for the Doomsday Book. It is often remarked that instead of simply giving the patient a headache pill or cough mixture or a fever remedy the Homoeopath annoys him by a series of apparently silly questions. In spite of such remarks this questioning forms the backbone of the system and its importance cannot be overemphasized.

PROBING, TESTING METHOD: As against this method, what does the allopath do? One would be inclined to suspect that there is a deep and regular conspiracy among a group of people. Suppose a man is laid up with fever. The doctor starts by prescribing the 'mycin' group of medicines accompanied of course by that panacea for all ills—the penicillin. In the meanwhile there is the urine test, the sputum, the faeces test, the blood test finally leading up to the X-Ray. By the time the patient finishes this round of tests both his physical and financial conditions are at their lowest level. Is not the Socratic question-and-answer method any day preferable to the probing-testing method?

(To be continued)

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ENCOURAGEMENT OF HOMOEOPATHY MADRAS GOVT.'S ATTITUDE

Mr. A. B. Shetty, Health Minister, stated in the Legislative Assembly, to-day, that the Government of India had informed the Madras Government that they were not considering the question of controlling the practice of Homoeopathy, but they had no objection to Madras Government undertaking any legislation for that purpose. The Madras Government, the Minister added, considered that it was not necessary to undertake any legislation in that regard.

The Minister was replying to a supplementary in the Legislative Assembly during question-time.

Mr. M. P. Subramaniam asked if the Government could give all possible encouragement, including granting of Degrees to those qualified in the indigenous system of medicine to which the Minister replied that Homoeopathy was not an indigenous system. Its land of birth was Germany and its country of adoption was America. But, it had lost favour with both countries. Why should India, he asked, take it when it had already got the modern system of medicine and the indigenous system of medicine? How many systems were they going to have in India, he asked?

Mr. T. C. Narayanan Nambiar asked why the State Government did not want to recognise the Homoeopathic system though the Central Government had no objection to their doing so.

Minister: We have got thousands of Homoeopathic practitioners in Madras and other States. A great majority of them are people who have no training in any recognised institution. Most of those institutions had no qualified men in charge of them and they 'sell' diplomas. Therefore, the Madras Government did not think it worthwhile to have

any legislation for controlling the system. The Homoeopathic practitioners are free to practice their system and there is no ban on it.

Mr. Narayana Kurup: From the observations made by the Minister, is it not necessary to save the people from the menace of such quackery and will the Government undertake legislation for this purpose?

Minister: There is no legislation against quackery in any country. There are quacks in all countries.

To a supplementary by Mr. N. K. Palanisami, the Minister said that it was not considered necessary to appoint a Committee to go into the question. The Government of India had constituted a Committee in 1948 and its report was available.

Mr. M. Kalyanasundaram: In order to save the people from the quacks, will the Government start a college for the Homoeopathic system?

Minister: There is a college in Calcutta. People who want to learn Homoeopathy can go there.

Mr. V. R. Krishna Aiyar said that a Committee was formed in Madras also with Mr. B. Somayya as Chairman. He asked if the Government would revise their opinion and instead of condemning the Homoeopathic practitioners as quacks, eliminate the chaff from the grain and recognise it as one of the systems to be practised in the State.

Minister: The member entertains a great regard for our ex-Chief Minister, Mr. Rajagopalachari. I should like to quote Mr. Rajagopalachari's views in this regard. Mr. Rajagopalachari has said: "I am really of opinion that we should confine ourselves to modern medical practitioners and indigenous medical practitioners. Let the Homoeopathic practitioners try their own ways without Government patronage of any kind." (Hindu 28-8-55)

We publish below a copy of a letter received by us from The Divine Life Society, Rishikesh (Himalayas)

THE DIVINE LIFE SOCIETY

Founder-President: SRI SWAMI SIVANANDA

AIM:

DISSEMINATION OF
SPIRITUAL KNOWLEDGE

P. O. SIVANANDA NAGAR,
RISHIKESH (Himalayas)

Dated 31/8/1955

Dr. V. R. Murthy,
Director, Indian Inst. of Homoeopaths,
Kumbakonam.

Blessed Atma Swaroopa,

Om Namo Narayanaya. Namaskars.

I thank you very much for your very kind letter d/ the 9th August. I regret I was unable to acknowledge and thank you earlier.

It has been an elevating experience to me to perceive thy nobility and the spontaneous spirit of magnanimity that pervades thy letter. The sincere and pure *bhav* with which you have made your gracious offer of free-studentship of your esteemed Institute to inmates of the Sivananda Ashram is highly laudable and it fills me with the peculiar joy. Rare indeed, do I feel, is such gracious selflessness in an age of ever-increasing self-seeking, which we live in. Thou art indeed keeping up the ideal of *paropakara* which is one of the precious factors in the great Culture of our land. May the abundant grace and blessings of the Lord be ever upon thee!

I note that our Gurubhai Swami Ramcharanananda has already been thus favoured by your goodself. Should any other Ashramite, Sadhak be interested in getting trained in homoeopathy, I shall tell him about your gracious gesture so that he may avail of your offer. If the Lord wills, I shall myself try to learn the science at some later date. I have dabbled a bit in homoeopathy some years previously through personal tuition under a practitioner, who stayed sometime at the ashram. But I do not have any real knowledge. If the Lord enables me, I may acquire it now in the Cause of service.

I see your Indian Institute of Homoeopaths as a Divine Temple verily, where thou art conducting a grand worship of the bestowal of the knowledge of the Healing Art to fortunate souls that they may endeavour nobly to relieve the pains and sufferings of brother mankind. This is Divine Gyana Yajna. Know it as such. May you feel it as such! May thou perceive and realize the spiritual quality and the worship that is immanent in the work that you are carrying out in and through the Institute! May the spirit of worship-fullness and yoga infill all the activities of thy life and pervade thy entire being! May you ever live in the Divine Presence of the Lord.

I pray that God may grant thee health, long life, devotion, yoga, the highest Spiritual Illumination and Supreme Bliss!

With regards, prem and Om,

At Sri Gurudev's feet,
(Sd.) Swami Chidananda

PREVENTIVE MEDICINE IN EVERY-DAY LIFE

*By Candidates of Medical Science P. Kalyu
and I. Bogatyrev, Researchers of the Semashko
Institute of Public Health Organisation and
History of Medicine of the USSR Academy
of Medical Sciences.*

The measures adopted in the USSR for the prevention of various diseases are not confined to improving only the working conditions but also the living conditions of factory workers, office employees, peasants and the population of the Soviet Union in general. We know that the causes of certain diseases, such as tuberculosis, typhus, scab, trachoma, avitaminosis, etc., are malnutrition, unsatisfactory housing conditions, disregard of hygienic rules, an abnormally long working day and the absence of regular rest. Preventive medicine devotes the greatest attention to all these factors.

Measures tending to provide healthier living conditions for the working people include on the one hand, the general facilities provided for by the state (construction of well appointed houses, public catering organised on a scientific basis, large scale facilities for summer holiday rest for children and juveniles, provisions for widespread physical education, etc.) and on the other hand a wide system of sanitary enlightenment work designed to inculcate healthy habits in people. In all these undertakings medical workers play an active part.

Besides the usual institutions for the treatment and prevention of disease (hospitals, clinics, dispensaries, etc.) the Soviet Union also has institutions which carry on special prophylactic work: sanitary epidemiological stations.

These stations exist in every urban or rural district, their staff includes physicians specialising in hygiene, in industrial, municipal and food sanitation and in epidemiology; they have laboratories where samples of air, water and food are regularly tested for bacterial infection.

Physicians at the head of sanitary-epidemiological stations are granted extensive powers by the state. They have the right to issue instructions for the improvement of working and living conditions and for the necessary hygienic measures, and all the heads of enterprises and institutions must comply with these instructions. Physicians who work in sanitary-epidemiological stations keep a strict watch on the observance of standards set by the state for the manufacture of various foodstuffs, and the construction of houses, children, institutions, service establishments, etc.

I. Good Housing Conditions are Important Pre-Requisites of Good Health

Medical workers make every effort to maintain sanitary conditions in the houses which were built before the revolution and play an important part in the construction of new houses, which is carried on on a large scale in all the cities of the Soviet Union.

Departments of sanitary control begin the performance of their duties at the time when the plan of a house is drawn up. They see to it that all sanitary norms ensuring sufficient ventilation, light, heating, sewage and water supply are provided for in the plan.

No architectural plan may be used in house building without the sanction of the proper sanitary organisations. Sanitary control is likewise exercised during the construction of the house and no living quarters may be tenanted without the permission of sanitary departments.

In accordance with the requirements of medical science a great deal of care is devoted in the USSR to the choice of sites for house building and to the planning and organisation of the surrounding territory. City gardens, parks and squares, trees planted along the streets and in house yards provide a healthy environment for the workers, rest in their free time. When plans are made for the construction of new house blocks, or for the reconstruction of old ones, sanitary doctors demand of the architects to provide per inhabitant no less than from 15 to 20 square metres of trees or bushes (besides city parks and squares). Plots of land measuring from 1.5 to 2 square metres per inhabitant are provided near the houses for sports grounds.

The size of plots allotted for children's institutions is most carefully planned. For instance, when nurseries are built in connection with the construction of new house blocks, sanitary doctors demand the allotment of at least 30 to 64 square metres of land per child (depending on the number of children for whom the nursery is planned) and when a kinder-garden is built the land allotment amounts from 50 to 80 square metres per child. Sanitary doctors see to it that dwelling houses are built at a certain distance from industrial enterprises.

Local Soviets and sanitary doctors control sanitary conditions in streets and yards in cities, industrial settlements and villages, as well as the observance of sanitary rules in dwellings and public places.

The Soviet Government is striving to cover the shortage of housing as quickly as possible. Suffice it to say that the houses built in towns and industrial settlements during 1954 provided 32 million square metres of total floor space and that 470 new houses were built during that year in

rural districts. House building is an important factor in the efforts to promote healthier living conditions.

II. The Importance of Diet in the Prevention of Disease

Besides healthy housing conditions, food also plays an important part in the prevention of disease.

In the Soviet Union public catering, especially in children's institutions, is planned on a scientific basis. This ensures the proper physical development of the growing generation, higher labour efficiency and better resistance to unfavourable environmental conditions. Scientifically planned well-balanced diets for persons of various ages and occupations are widely advertised for the benefit of people who prepare their food at home.

The USSR Academy of Medical Sciences has an Institute of Nutrition, that studies the expenditure of energy in the process of life and work and plans different diets.

For example, the diet recommended for adolescents between the ages of 15 and 18 contains 119 gr. of albumin (including 72 gr. of animal albumin), 99 gr. of fats and 471 gr. of carbohydrates with a total content of 3,340 calories. Normal quantities of vitamins and mineral substances have also been planned for every different kind of diet.

Hygienic conditions in public dining rooms are strictly controlled in the USSR. Special sanitary organisations check on the storage and preparation of foodstuffs and take the necessary measures to prevent food poisoning and acute gastro-intestinal infection. They also take the necessary steps to prevent diseases which may, to a certain extent, be

connected with shortcomings in the organisation of public catering (in particular tuberculosis, undulant fever, anthrax, goitre, avitaminosis, etc.). Regular sanitary control is also exercised over the sale of foodstuffs from warehouses, in food shops, on collective-farm markets, in booths and stalls. Special foodtesting laboratories operate in all the markets. They are organised by the sanitary-epidemiological stations for regular control of the quality of foodstuffs on sale in the markets (particularly meat and fish.) No meat may be sold unless the animal's carcass bears the stamp of medical control. All the milk sold on the market is tested in the laboratories for the content of fat and acidity. Sanitary epidemiological stations systematically check the health conditions of workers and office employees who work in food enterprises. All the persons applying for work in public dining rooms, food factories, food shops, etc., undergo a thorough medical examination and pass laboratory tests to verify that they are not bacilli carriers. These groups of workers also undergo a medical examination every month. All these measures are aimed at preventing diseases connected with food.

In accordance with Soviet labour laws, workers in certain branches of industry (producing coke, sulphuric and nitric acid, rubber, lead, gas, etc.) receive supplementary rations of fats, milk etc. free of charge. Hot lunches are provided for children at schools.

In special institutions called children's consultation centres mothers are given both medical help and advice, as to the proper nursing, care and upbringing of their children. The consultation centres have milk kitchens where special nutritive foods and milk products are prepared for infants to whom they are prescribed by physicians. The care for the health of the children is manifested also in the organisation of the children's summer rest and recreation.

—————
(To be continued)

A NOTE ON HOMOEOPATHY

DR. H. CHOUDHURY, (M.D.I.H.)

1. The need of Homoeopathy and its utility in the present economic days as well as its great value is realised by all especially 80% + 10% of the total population of India in Rural and Urban areas respectively. It is no doubt a great pleasure to all on knowing that the method of Homoeopathy, an economic system, reliable and most suitable to the 9, 10th of the total population of India today, has recently been recognised by the Govt. of India and it is hoped that every possible measure would be taken by the Govt. of India to guard against any deterioration of the method in future.

2. The present condition of the Rural areas quoted from the impressions and notes of M. L. Darling, Esqr. who visited some of the Provinces in Central and Northern India are as follows:-

"Rarely in this area did we find a village with any but the most meagre facilities. In one having about 2000 inhabitants 4 miles from Agra there was no dispensary for men or beasts, no panchayat, Post office nor even a recognised school. Its only amenity was a Co-operative Society. In another village in the same district there was no dispensary within 12 miles."

"The villages in modern India have been characterised as Rural slums. "Poverty and need," observes Dr. Spencer Hatch, "make themselves evident when one goes among the village people of rural India." Poverty is the central fact of rural life. Poverty - Economic, intellectual and Physical. The villages no longer beam with vigorous economic or social

activities, but are merely a collection of insanitary dwellings situated on a dung hill."

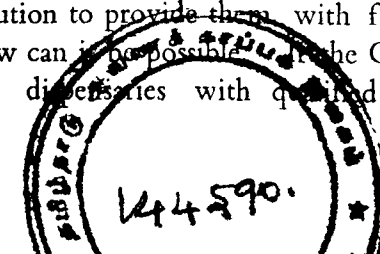
And this is the case with almost all of the rural areas of India today. As such what India can expect from her future generations where 83% of the total population live in the rural areas.

3. It can be seen from the table given below the percentage of the total population live in the rural areas as regards all Part A States and India as a whole.

Statement showing the Areas & percentages of Urban & Rural population

Part A States	Area in Sq. miles. (in Lakhs)	Population. (Millions)	Percentage of population which is	
			Rural.	Urban.
India	1269.6	356.8	83	17
Assam	85.0	9.0	95	5
Bihar	70.3	40.2	93	7
Bombay	111.4	35.9	69	31
Madhya-Pradesh	130.3	21.2	87	13
Madras	127.8	57.0	80	20
Orissa	60.1	14.6	96	4
Punjab	37.4	12.6	81	19
Uttar-Pradesh	113.4	63.2	86	14
West Bengal	30.8	24.8	75	25

4. Now one can easily guess the need of medical aids are especially required by the people of rural areas. The economic condition of the peoples living in rural areas as described above are such that even the 75% of the total population of 83% cannot afford to bear the cost of medicine, whatever it is, at the time of their ailments from diseases. So it is the only solution to provide them with free medical treatment. But how can it be possible if the Govt. is to establish Allopathic dispensaries with qualified staff one



among the ten villages at an yearly running cost of Rs. 20,000 - atleast per dispensary, it requires Rs. 5,06,60,000 - for establishing 2533 dispensaries with qualified staff among the 25,327 villages in Assam alone. So the question of establishing Allopathic dispensaries as above are quite absurd. But there is a method in hand now to solve the problem. If Govt. wants Homœopathy dispensaries with qualified Homœopaths (Diploma holders and doctors practising for the last 5 years atleast in this line) can be established as above at a running cost of Rs. 4,000/- yearly against Rs. 20,000/- for Allopathic dispensary, and in that case Assam requires only Rs. 1,01,32,000/- i. e. 1/5th of the total cost of establishing Allopathic dispensaries as pointed out, and which is very reasonable.

It is hoped that the Govt. of India with collaboration of the State Govts. certainly will consider the question of establishing such dispensaries among the villages of Independent India, to make the people rural areas understand that the Govts. are doing something for the welfare of the peoples.

5. Of course, at present there is no such all round scope for widening and studying the great art of healing in India as Allopathy, but if Govt. of India wants, a scheme, in this regard, in the Second Five Year Plan can easily be undertaken by the State Govts. to educate more and more young energetic peoples with requisite educational qualification (Matric) with 2 years course in this line by establishing Homœopathic schools in the Prominent Towns of India.

THOUGHT GEMS IN HOMOEOPATHY

Mr. K. N. Gopala Pillai M. A., N. S. S. College, Changanachery.

1. I do think that the high and highest potencies work well in acute illness more rapidly than the lower potencies, but you have to know your remedies, and you have to be careful not to repeat too soon.

2. There are no specifics in Homoeopathy. You do not prescribe for the disease, you prescribe for the individual in question. This is a great stumbling block to both doctors and lay people.

3. Homoeopathic remedies work slowly, they stimulate the vital centre, and the actual repair of the damage done in the past takes time.

4. It is never safe to predict a person's death, even old people have a way of disappointing you and pulling through, more especially if Homoeopathic medication is used.

5. Modern medicine only works by trials and precepts, there is no scientific foundation on which they can test their various treatments; so they are ever changing and altering.

6. Skin-diseases are due to something wrong inside the body, metabolic errors, the soil is wrong. Therefore skin-eruptions should not be treated by applying lotions or ointments which would suppress the actual trouble and drive it underground, there to cause further and more serious interference with the normal functions of cells.

7. 'Skins' do well on homoeopathic treatment though on occasions the process of curing may severely tax the

patience of the sufferer and demands the greatest skill and knowledge on the part of the doctor.

8. What a lot of public money could be saved, if doctors would get to know about Homoeopathy and would trouble to apply it and not scorn it.

9. Again and again one finds that mysterious illnesses clear up if the Homoeopathic antidotes for vaccination and the modern curse, the immunizing sera and antitoxin treatment, are applied.

10. Compulsory immunization is a dangerous practice and the campaign for it should be strongly opposed by Homoeopaths.

11. Some Homoeopathic physicians condemn the use of nosodes, but provided they are given in their proper indications they do an immense amount of good.

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(Continued from August 1955 issue)

70. Time and history are running against suppression of Homœopathy.

71. Let us take note that the real challenge is intellectual and spiritual.

72. The fever to which *Aconite* is related is of exalted action, never of depressed; hence it is non-indicated in typhoid by typhoid symptoms.

73. In pneumonia after the deposit of fibrin, *Aconite* is no longer of the least service.

74. *Hamamelis* is to the veins what *Aconite* is to the arteries and *Arnica* is to the muscles what *Hypericum* is to the nerves.

75. Pain extends down to left hand indicate *Kalmia* or *Rhus Tox*.

76. Pain in right arm and shoulder is a symptom of *Sanguinaria*.

77. Oedema of left hand, foot and leg may have the remedy in *Cactus*.

78. Prolapsus of rectum may be treated with *Ruta*, *Ignatia*, *Calcarea Fluorica*, *Aloe* or *Muriatic acid*, according to the symptoms.

79. If *Rhus Tox* fails in lumbago from strain, try *Calcarea Carb*.

80. While *Ipecac*, has look rattling in chest, *Ant. Tart.* has coarse rattling.

81. *Sulphur* and *Phosphorus* may oftener with *Tuberculinum* be the best for those with Phthysical tendencies.

82. In the incipient stage phthisis pulmonalis, no two remedies are oftener found indicated than *Sulphur* and *Phosphorus* and it requires nice discrimination, sometimes, to choose between them.

83. Palms hot indicate *Phosphorus*, and soles hot *Sulphur*.

84. *Phosphorus* has a general fidgetiness or uneasiness; cannot sit still, but changes position continually; not like *Rhus Tox*; because he is relieved of pain by moving, but because he is simply nervous,

85. Fidgety hands is a symptom of *Kalibromatum*.

86. Fidgety feet, must move them constantly, indicate *Zincum metallicum*.

87. Whilst sleeping, the favowrite position is on the back with hands over the head is a symptom of *Pulsatilla*.

88. If the one drug well selected be sufficient, then the second is in no way called for.

89. *Pulsatilla* is said to be one of the best remedies (*Calcarea carb*, and *Sulphur* being the others generally) with which to begin the treatment of a chronic case, particularly of patients who are anaemic or Chlorotic and who have taken much iron, quinine, and tonics even before years.

90. *Sulphur* and *Arsenicum* stand out in skin eruptions and the results of their suppression.

91. In erysipelalous conditions, remember the *Bella-donna*, swelling is bright red; *Rhus Tox*; dark red; *Apis*, a pink, rose with white in the centre of the swelling; and *Lachesis*, a dark blue or black.

92. Headache of students may indicate *Phosphoric acid*, *Natrum Muriaticum*, *Calcarea Phos*; *Ruta* or *Picric Acid*.

(To be continued)

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Aconitum Nap.: Eyes staring and pupils contracted. Eyes red, inflamed, burning. Pupils contracted, later dilated.

Actea Racemosa: Pain in eye-ball moving the head.

Aesculus Hippocastanum: Balls sore, hot and aching. Pupils dilated, contract slowly. Burning.

Aethusa Cynapium: Dilated pupils, staring eyes.

Agaricus: Pupils dilated or contracted. Twitching, jerking in the eye-balls, eyeballs oscillate.

Agnus Castus: Dilated pupils.

Allium Cepa: Red Eye-balls.

Amyl Nitrate: Staring Eyes in sunstroke.

Antimonium Tart: Bruised pain in eyeballs, gonorrhoeal, rheumatic or arthritic ophthalmia. Tired feeling in Eye-Balls.

Apis Mellifica: Cornea thick, dark, smoky white or smoky spots on it. Rheumatic ophthalmia, ulcers on cornea.

Argentum Nitricum: Eye-balls sore. Unsteady. Enlargement of one eye a few days before an attack of epilepsy.

Arnica Montana: Bloodshot eyes.

Arsenicum Album: Conjunctive red like a beef, burning dry oedematous ophthalmia of children with acrid discharge. Acrid lachrymation.

Asafoetida: Iritis with pain around balls by pressure.

Aurum Metallicum: Pupils contracted or irregularly dilated. Cornea spotted. Staring, dreary look. Eyeballs protrude. Ulceration of the cornea.

Badiaga: Pain in forehead and temples extending to eyeballs.

Baryta Carb: Pupils dilate and contract alternately. Little white spots on cornea, ulceration. Opaque cornea.

Baryta Mur: Eyes stiff, immovable.

Belladonna: Eyes felt as if starting from their sockets. Pupils dilated. Eyes dry, feel stiff, feeling of sand in eyes.

Bromium: Inside Eyeballs pain.

Bryonia: Pressure pain in left eyeball, specially violent on moving the ball.

Bufo: Small blisters.

Cadmium Sulph: Pressure in eyes.

Calcarea Carb: Cataract. Opacity of the cornea. Ulcers on Cornea. Eyes inflamed, injected at every exposure to cold.

Calcarea Flourica: Spots on cornea, conjunctivitis, cataract.

Calcarea Phos: Ulceration of the cornea. Soreness in eye-balls.

Calcarea Sulph: Inflammation of the eyes with discharge of thick yellow matter. Cataract. Ulcers fissures on the cornea. Ophthalmia neonatorum.

Camphor: Eyes worse in the sun-light. Pupils contracted, immovable or dilated.

Cannabis Indica: Conjunctive injected, red.

Cannabis Sativa: Opacity of cornea following ophthalmia.

Capsicum: Pain as from a foreign body.

Carbo Vegetabilis: Burning in eyes.

Carboneum Sulph: Sensation of sand in eyes.

Causticum: Scrofulous ophthalmia. Cataract incipient.

Chelidonium: Dirty yellow. Balls ore. painful

Chinaphila: Incipient and progressive cataracts stabbing pain in left eye with lachrymation.

China: White of eyes yellow Pupils dilated. pressure in eyes.

Chininum Arsenicosum: Photophobia. Lachrymation with hot tears.

Cicuta Virosa: Pupils dilated, jerking of the eyeballs staring vacant.

Cina: Pupils dilated. Pain in eyes as if torn out of head. Many of the evil effects of night watching.

Cocculus: Closed eyes, but the balls are constantly rolling about.

Colchicum: Soft Cataract Pupils dilated. Slightly sensitive to light.

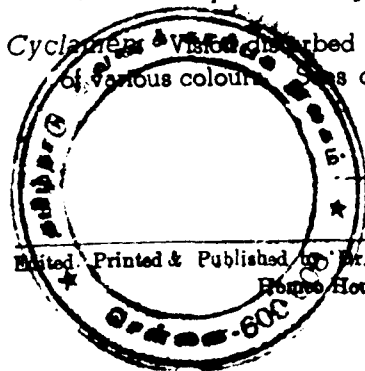
Colocynth: Pains sharp, boring, better pressure. sensation on stooping, as if eye would fall out gouty affections of eyes.

Conium Mac: Photophobia and excessive lachrymation could scarcely raise the lids, they seem pressed down by heavy weight Cannot fix eyes on any object.

Crotalus: Yellow colour of the eyes dilated pupils. Inveterate jaundice. Eyes wide open in delirium.

Cuprum Met: Fixed, stary, glistening. Quick rolling of eyeballs, with closed eyes. Aching over eyes.

Cyclamen: Vision disturbed with disordered stomach flickering of various colours. Sees countless stars.



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HOMOEOPATHY
AND THE STATE

THE WONDER CURE

IS HOMOEOPATHY
INDIGENOUS?



**JOURNAL OF THE
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THE HOMOEOPATHY

VOL. V

OCTOBER

BOOK 10

HOMOEOPATHY and the STATE

It is our feeling that the intrinsic merits of Homoeopathy as a healing art are being slowly but surely realised by the Government of India and several States. Left to itself merit will always tell and we are prepared to bet on it that Homoeopathy has come to stay in India, as no other system is so eminently suited to fulfil the crying needs for medical assistance of the vast village population of India.

It is a well-known fact that in spite of all inducements, graduates of medical colleges and institutions have not shown any keenness to settle in villages and cater to the needs of the rural folk.

So, we are not too much elated at the recent news announced by the Union Health Minister in the Rajya Sabha that the Government had finally accepted the curriculum for a five-year degree course in the Homoeopathic system of medicine, prepared by an adhoc committee of the Health Ministry. Nevertheless, we welcome it as an indication that gradually governments and legislators are coming to realise that "there is something in it".

We are hopeful that, in due course, further illumination will come that the only solution to the vast problem of

adequate village medical attention is what we are in practice doing. If graduate doctors wont go to the villages, we will continue to diffuse medical knowledge and medical supplies into the remotest parts of the country at a price the villager can pay without feeling the pinch.

That is the philosophy behind our Correspondence tuition efforts. We will continue to do the good work all alone so long as the Minister of Health of the Madras State keeps up to his promise of not interfering with the propagation of Homoeopathy and until he comes to realise that we are substantially helping in building up the well-being of the average villager.

It will thus be seen that friends like Mr. P. Sankaran of Bombay (whose recent letter to "The Hindu" we are publishing on another page) need not be unnecessarily perturbed at the way things are turning out in his part of the country.

Time marches on and the logic and stress of events will plead more eloquently and promote wisdom in right places.



THE SALEM DISTRICT HOMOEOPATHIC ASSOCIATION

The Association of the Salem District Homoeopathic Doctors, Tiruchengodu, which has been defunct since 1952, has now, we are told, been revived under the presidentship of Dr. M. Rajamanickam. Dr. N. Guruswamy is the Vice-President and Dr. E. P. M. Swamy is the Secretary. We wish the Association a long life of useful work.

THOUGHT GEMS IN HOMOEOPATHY

(K. N. Gopala Pillai, M. A., N. S. S. College, Changanacherry)

1. In taking the pathogenesis of any case, we must give the miasmatic symptoms prominence, and especially so when we find a history of suppression.

2. A knowledge of all miasmatic phenomena would be, in toto, a complete knowledge of all that is known as disease, and beyond these symptoms there is nothing discoverable or recognisable as disease.

3. Disease is but the influence of some subversive force, acting in conjunction with the life force, subverting the action and changing the physiological momentum.

4. We should not interfere with the action of the well-selected anti-miasmatic remedy as it has so much to do in evolving and working out these different series or expressions of the miasm's own workings.

5. No one can conceive of the hidden secrets and infinite action of similia, which reaches from profundity to profundity in the different potentials now in use today.

6. Watch with patience the wonderful working of the well selected remedy upon the natural disease, and the artificial disease disappears with the curing of the natural disease.

7. Our cures are not made through the application of our therapeutics to a nomenclature, but to a classical grouping of all the phenomena therein presented, and that which we see often is invisible to the physician who has no knowledge of miasmatics.

OCTOBER '55

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8. It is through the mind that man sins, therefore, it is frequently through it that he becomes diseased.

9. It is the sick person that is to be treated, not the pathological name. It is the disturbance of the inner process of life to which we are to look and not alone to the outer processes; for the inner processes govern the outer, as the outer manifestation is but an outward expression of the inward process.

10. The man who firmly believes in homoeopathy and its principles can under no circumstance or under any shading of sophistry embrace other principles than those in harmony with the law.

11. We have not the *tota causa* in any pathological grouping; we must go back to the fountain head in order to find out that which taints the rivers of life.

12. The chronic miasms, Syphilis and Sycosis, ought to be cured in the primary and the secondary stages, before they have formed such a perfect bond with psora as to induce tertiary manifestations.

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(continued from September 1955 issue)

93. You can fool a doctor and win his service, but you cannot fool God and win His love.

94. The mechanism of the human body has been evolved through the centuries to enable man to live and enjoy the fruits of his labours on the earth.

95. We should cultivate habits of correct living. By wrong living the body degenerates; and a degenerate body is easily invaded by disease germs.

96. For good health all your organs should be kept in perfect condition by knowing what they are and what they do, and how to help them in doing the right thing.

97. Professor Huxley says, "Young people should learn enough physiology to understand their bodies so that they will heed the first sings of Nature's displeasure and not wait for a box on the ears."

98. As antidote of the coaltars, used to suppress headaches, *Carbo Vegetabilis* is effective. If the suppression has brought on neuralgia, give *Magnesia Phos.*

99. *Dulcamara* is for the complaints from damp cold, what *Aconite* is for the same from dry cold.

100. *Aluminum* is of use to infants constipated on baby foods.

101. The queen bee is the most jealous thing in nature. *Apis*, the virus of the bee has in its provings jealousy to a marked degree in women only.

102. A good complexion merely means a perfect state of health. A clear skin does not depend on what you apply to it, but what you keep off it.

103. The complexion depends upon all the effects of the blood beneath the skin and how that blood is treated by the emotions.

104. Colour is exhibited in abundance over the skin wherever the vital forces are distributed in profusion. Colour and vigour stand in intimate relationship with each other.

105. Never over-strain the nervous system.

106. The drilling, training and developing of the will-powers of self-control must be a constant part of education of both the boys and girls.

107. Reserve nervous force is really the will power.

108. It is the preserving of the nervous force, so as to be able to utilize it for some valuable work, that makes the difference between wasted energy and useless efforts, and applied energy and useful results.

109. You need a perfectly balanced nervous organisation and one under your complete control before you can benefit from any physical exertion.

110. Never exercise unless the anticipation of the play or the game is a pleasure to you.

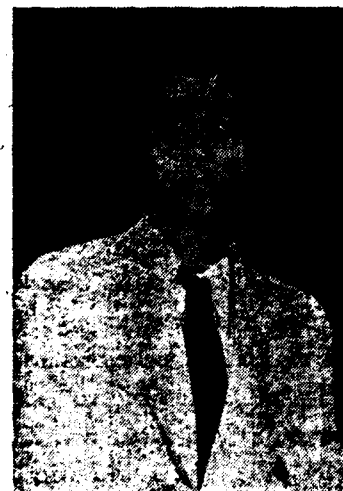
111. Any physical efforts which leaves you feeling worse than when you started, is injuring.

112. Exercise, like your daily work, should always be a pleasure instead of boresome labour.

(to be continued)

The Wonder Cure

(By M. K. MOHAMED, A.M.I.H.)



Here are some cases which will speak volumes about the greatness of Homoeopathy as an art of healing. In the treatment of insanity and long-standing chronic ailments, Homoeopathy has come to the fore-front.

Case No. 1

A friend of mine came to me and reported that his brother aged 22 had developed symptoms of insanity. The blessed sleep had parted with him since a week. Due to violence, he had been kept under chain. I went to the patient. He was talking continuously, exposing private parts, suspicious in character and refusing to take medicine. I made him take twice a day *Hyoscyamus-30* and in night *Kali Phos*. The next day the friend informed me that the patient slept very well on the previous night. For a week I prescribed these two medicines alone and he was completely cured within one week.

Case No. 2

A man from my locality came with the complaint of chronic cough. He was aged forty and he had been under ayurvedic treatment, but without any effect. The patient had lost all hopes of long life since he thought he had T. B. Some of his relatives suggested to him to try Homoeopathy.

With great reluctance he came to me and reported his case. During day time his cough was loose with much mucous expectoration; but dry and tickling while lying down at night; and it would disappear on sitting up in bed. I prescribed *Pulsatilla 30* and asked him to take it twice a day. Within one week he got considerable relief; and the cough had not completely died out. So I administered *Pulsatilla 200*. He took two doses of this and he was completely relieved of this longstanding chronic cough. Moreover, his health has considerably improved.

Case 3

I had to attend to another case. A two year boy was suffering from fever and there was swelling on his thigh, which was red in colour. An ayurvedic practitioner had given a prescription to take in and a medicated oil to apply. The boy was refusing to take the medicine as it was bitter in taste. His father approached me and I told him that sweet tablets would be given by me. I prescribed *Belladonna 6* pills. After three days there was no fever and the swelling had come down. Within nine days the boy was completely cured.

STINCURA

The most wonderful remedy for scorpion stings and bites of poisonous insects

DIRECTION FOR USE

If the sting or bite is in the left of the body pour one or two drops into the right ear, and *Vice Versa*, pain and discomfort cease. Should slight pain persists apply one drop into the eye in the same manner.

Price per Bottle Rs. 0-8-0

INDIAN INSTITUTE OF HOMOEOPATHS
KUMBAKONAM.

IS HOMOEOPATHY INDIGENOUS?

(By Dr. C. VINCENT)

Homoeopathy is indigenous, because it was born with Ayurveda itself. If it went over to foreign countries and came back modernised and advanced with western culture, it cannot be considered as non-indigenous.

All the well-read savants tell us that there is a method of treatment in Ayurveda, introduced particularly by Charaka and named as Thadardhakari, meaning similar to the malady. This is what Homoeopathy is. But Homoeopathy in India, having remained for centuries without any improvement, same as Ayurveda has been, found a way out of them to far off countries, mingled with advancing nations, got all the gentle refinements and now has spread to all parts of the world, proclaiming its virtue every-where. Of course, truth will naturally progress and proclaim its merit everywhere.

In the face of all these facts, if some State Governments refuse any aid to Homoeopathy, pronouncing it as non-indigenous, it only means that that Government is not well-advised. Prejudice and ignorance have always been the twin forces that bar the path of the world's progress.

Does not the Government in the Country teach the people through the Rashtrabhasha text books that the idea of "radio" was originated first in Bharat and was adopted by foreign countries? Does not our Government now make full use of the radio all over the country? If that be the case, the same good-will is deserved and demanded by Homoeopathy too, in the light of truth, justice, and usefulness.

OCTOBER '55

Has not our Government adopted for in the country innumerable things which had their origin and growth in foreign countries? As usefulness is the main question considered by the people everywhere in every thing, for their own good, the people's Government must naturally yield to the wishes of the people. Now, the Homoeopathic system of medicine is well established everywhere in the country in the hearts of the rich and the poor, literate and illiterate, young and old, and male and female all-alike as the most harmless, effective, cheap and tasty system of medicine.

Another objection raised by certain State Governments in the country against State aid to Homoeopathy is that most of the thousands of Homoeopathic Practitioners all over the country are not properly trained in recognised institutions. Was it not the same case when the same Governments began to extend their State aids to Ayurveda? When State Aids to Ayurveda were commenced in those States, were there any Ayurvedic Practitioners properly trained in recognised institutions in those States? Certainly there were not, at least in most of the States. If such be the case, there is no justification for raising up this bogey against the cause of Homoeopathy alone now, especially when the Central Government and several other States have already begun to extend their aid to Homoeopathy.

PREVENTIVE MEDICINE IN EVERY-DAY LIFE

(Continued from September issue)

III. The Children's Summer Rest and Recreation and the Workers' Holidays are Important in the Prevention of Disease

The proper organisation of the children's summer rest and recreation is a good means of improving the health of the growing generation. In the USSR this work is conducted on a mass scale and takes on many forms. Young Pioneer camps, rest camps for pupils of trade schools, country cottages to which kindergartens, nurseries, and children's homes are moved for the summer, treatment in sanatoria - this is a far from complete list of facilities designed to improve the children's health. The scope of that work may be judged from the fact that in 1954 over 5.5 million children and juveniles spent their holidays in young pioneer camps and children's sanatoria, or in the country where they went to with their kindergartens, nurseries or children's homes.

Prophylactic medical institutions play a considerable part in the organisation and carrying out of the work connected with facilities for the children's healthy summer rest as well as for the workers' health and rest cures in sanatoria.

In order to prevent infectious diseases in children's institutions (Young Pioneer camps, nurseries, kindergartens, etc.) all the children who are sent to health institutions for the summer undergo medical examination, sanitary inspectors ascertain that the homes where they live are free from

infection, etc. The children are accompanied to summer institutions by medical workers who look after their health.

The annual vacations with full pay which the state extends to all workers and office employees, the sanatoria and rest homes where they may spend their holidays, tourism and mountain climbing, help to strengthen the workers' health.

Every worker who is sent to a sanatorium, either at the expense of his trade-union or at his own expense, must undergo a preliminary medical examination and get a card in which the doctors who examine him mention the type of sanatorium recommended for him. This card gives the right to get a pass to the health-resort or sanatorium recommended by the medical commission.

IV. Physical Culture

Considerable attention is devoted in the USSR to physical culture as a great health-improving factor. This is done in two different ways.

Physical training forms part of the school curriculum and is carried on systematically. Moreover, school children may, at their choice and at the doctor's advice, go in for various sports at their schools, at the Young Pioneer Palaces, stadiums, etc.

In the labour reserves schools where skilled workers are trained for industry and agriculture, physical training is organised on a particularly large scale. In these institutions morning exercises and evening walks before going to bed form part of the daily routine which also includes special physical exercises after the third and fifth hour of work or study. Physical exercises are chosen in accordance with the nature of the work done by pupils. The majority of the

pupils engage in various sports at the Labour Reserve Sports Society.

Some people in the USSR go in for sport at sports grounds, stadiums and water stations belonging to their industrial enterprises, state farms, collective farms or educational institutions. There are also a considerable number of sports societies in the USSR (Dynamo, Locomotive Kolkhoznik, Spartak, Burevestnik, Labour Reserves, etc) which have their own sports facilities for their members

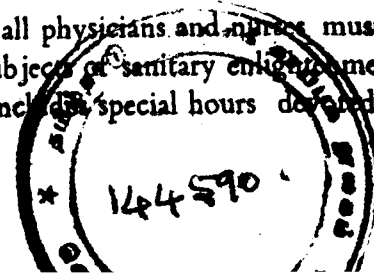
Physical training as a means of improving health is popularised through the radio, the cinema, literature, sanitary enlightenment lectures and talks by medical workers.

All the work connected with sports is systematically controlled by physicians. In the USSR nobody may engage in sports and particularly take part in sports contests, without undergoing a medical examination. Besides physicians in hospitals and clinics, medical control over sports is exercised by special physical culture dispensaries having highly-skilled medical specialists in physical education.

V. Sanitary Enlightenment Work

Personal hygiene plays an exceptional role in the prevention of many diseases. In some republics and regions of the USSR, especially those which were backward before the revolution, there are cases when the rules of personal hygiene are not observed. Various methods of enlightenment work are used to inculcate in the population, children and juveniles in particular, modern hygienic habits.

In the USSR all physicians and nurses must lecture and conduct talks on subjects of sanitary enlightenment and their working schedule includes special hours devoted to this task.



The USSR Ministry of Public Health has a Central Institute of sanitary enlightenment for scientific guiding of the sanitary enlightenment work; in all the larger cities this is done by regional and city institutions of sanitary enlightenment. These institutions have cinema installations, visual aids and methodical equipment to be used during lectures and talks.

They publish posters, leaflets, memorandums and other material calculated for mass readers, on subjects connected with the prevention of various diseases.

The tremendous progress achieved in the social and living conditions of the workers and the general rise in the cultural standard of the population of the USSR after the Revolution, as well as measures adopted by public health bodies in connection with medical services have led to a sharp drop in many diseases (for example, tuberculosis, trachoma, scab, dracantiasis).

The struggle against these diseases has been particularly fruitful in the non-Russian Republics of the USSR. In the Chuvash, Mari and Udmurt ASSR, where before the Revolution trachoma was particularly widespread, that disease has been eliminated with the exception of individual cases. Dracontiasis, a local disease of the Uzbek and other Central Asiatic Republics, has been eliminated. Small pox has completely disappeared. Syphilis as a communicable disease has ceased to exist, cases of malaria, typhoid, etc. have been brought down to a minimum.

Prophylactics in everyday life is a powerful means of reducing disease and mortality.

BAHOLA House-hold Remedies

The following are the 8 famous House-hold Remedies manufactured by Barath Homeo Laboratory:

No. 1. This specific is indicated in Cold, Coryza, Headache, Feverishness etc.

No. 2. This is indicated in all types of ordinary Fevers, Influenza etc. May also abort, if given at the initial stage. Fevers like Typhoid, Pneumonia etc.

No. 3. This is indicated in all diseases that usually affect the infant, viz: Fever, Convulsions, Cold, Diarrhoea etc.

No. 4. This is indicated in Indigestion, Nausea, Vomitting, Colic, Flatulence, Chest and Stomach ache etc.

No. 5. This is a sure remedy for Diarrhoea. Even in cases of Cholera, if given in the beginning, will curb that much dreaded disease.

No. 6. A remedy for Dysentery of any form and variety.

No. 7. A remedy to correct long-standing and chronic constipation, and its attendant ill-effects on one's health.

No. 8. This is indicated for all kinds of Cough whether acute or chronic and also in all other throat complaints.

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A set of these 8 remedies packed in a neat box with directions for use both in English and Tamil. Big Set (About 100 doses)

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Small Set (About 50 doses)

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MADRAS-1

THERAPEUTIC NOTES OF VARIOUS ENGLISH AUTHORS

By Dr. A. R. KANNANAN, Vellore.

APIS MELLIFICA

ALLEN

1. Extremely valuable remedy in *inflammatory affection of the eye* always characterised by serious exudation, oedema with sudden piercing pains.

2. It has averted *threatening abortion* with soreness of the ovaries, haemorrhage.

3. *Meningitis*: Acute or chronic or *tubercular hydrocephalus*: extremely valuable when the peculiar symptoms are present, the child bores head into the pillow, is *stupid* and occasionally screams out.

4. Almost specific in *true diphtheria*, always indicated when the throat is much swollen and oedematous with severe *stinging pains* on attempting to swallow, with great inertia or even complete stupor.

5. *Ophthalmia*: Often found valuable in *purulent ophthalmia* with infiltration of the eye balls and lids, great oedema and sharp pains.

6. In *inflammation of the cornea* of various sorts, *scrofulous parenchymatous* with or without destruction of tissues, specially in *ophthalmia following eruptive disease*, with great oedema, burning, stinging pains.

7. *Dysentery*. In dysentery with a *low type of fever*, apathy, bloody almost painless stools, abdomen sore, anus raw, tongue raw, dry sometimes with *tenesmus*.

8. *Cholera Infantum*, *involuntary stools* with every motion is a great indication of *cholera infantum* with constant

relapses, with threatening brain troubles, sunken abdomen, the child gets stupid and starts suddenly, specially *dentition*.

9. *Typomalarial fever*. In typo-malarial fever in which there are *unconsciousness*, *dry tongue*, *involuntary stools*, *stupor*, *intense thirst*.

KENT

1. Specially useful in a peculiar kind of stool, occurring in children and infants, an *intermingling of blood, mucus* and food giving the stool an appearance like *Tomato soup*.

2. *Erysipelas*: Erysipelas of the eyes and side of the face extending from the right to the left.

3. Old *scrofulous affection* of the eye.

4. Even stops abortion.

FARRINGTON

1. A complete *stupor after apoplexy* is said to have yielded to apis, when opium failed.

2. Apis may be employed in *state of mind resembling hysteria*.

3. *Paralysis*. Has been successfully employed in *paralysis following devitalising affection*, such as *diphtheria* or *typhoid fever*.

4. *Varicella*: May be given when there is *intense itching and swelling*.

5. *Urticaria*. May be of use in *urticaria* when there suddenly appear on surface of the body *long pinkish white blotches raised above the skin*. The itching, burning, stinging are intolerable.

6. Useful in *diarrhoea of children* who are much *debilitated*. Irritability of the brain is generally present with *hydrocephaloid*.

7. *Diarrhoea with fever.* May be of value in diarrhoea such as for instance, as comes on during the course of typhoid fever or scarlatina or as the result of debilitating influence of continued heat.

8. *Staphyloma.* A remedy for staphyloma whether of the cornea or sclerotic coat.

9. *Asthenopea.* Several cases cured by this remedy when reading caused itching of the eye lids and some burning and stinging.

10. *Amenorrhoea.* Particularly it is indicated in girls with peculiar temperament with amenorrhoea at age of puberty.

11. *Dropsy.* Specially useful in dropsies of renal origin whether the result of scarlatina or not.

12. *Pleurisy.* In pleuritis with exudation apis is one of the best medicines we have to bring about absorption of fluid.

13. *In typhoid types of fever.* Apis is to be selected primarily by the mental state.

HUGHES

1. One of the best remedies for diarrhoea, recurring every morning, the motion greenish, Yellow and Painless.

2. Has proved curative in Amenorrhoea, Dysmenorrhoea, and menorrhagia, resulting from active congestion of the ovaries.

3. *Acute Catarrhal Laryngitis.* Should oedema glottidis supervene, repeated doses of Apis would give the best chance of averting a tracheotomy.

COWPERTHWAIT:

1. It has been recommended for *bad effects from vaccination, also from suppressed or delayed eruptions.*

2. Useful for stings of insects, ailments from the use of iodine, or abuse of cinchona, Turpentine, or cantharis.

3. *Intermittent fever.* An excellent remedy in intermittent fever the chill occurring about 3 P. M. and other symptoms agreeing.

4. *Dropsy.* In all dropsies whether during or following eruptive disease.

5. *Pleurisy.* Apis stands next to sulph as a remedy to cause absorption.

6. The great clinical key-note of Apis is oedema and the treatment of oedematous swelling when occurring acutely, as an apparently primary condition or when associated with erysipelous or any other form of disease.

7. "Apis should be cautiously given during the first 3 months of pregnancy; in low potency liable to produce miscarriage".

JAHR

1. *Diphtheria.* "Since I have become acquainted with Apis, "I prefer this remedy to any other and accomplish my purpose with it better than any other remedy".

DEWAY

1. It suits specially infantile cases and the tubercular form due to undeveloped eruptions.

2. *Retained Urine.* Inflamed Bladder; Remedy to be thought of specially after abuse of cantharis.

3. *Ovarian Cysts.* Apis is an excellent remedy to control the growth, specially in the incipient stage.

4. Useful in difficult micturition of children.

NASH

1. *Hydrocephalus*. In hydrocephalus, cerebro-spinal meningitis, and typhus cerebri with the "Hydrocephalic Cry". Apis is the remedy.

2. *Cancer*. Valuable even in open cases.

BELL: One of our most precious remedies in *Infantile diarrhoea* and *Cholera infantum*.

POTENCY

1. For the use of Apis in the lower dilutions the indications are few; most cases of cures having been made with the higher dilutions. (Underwood).

2. The most striking cures of Ophthalmia have been made with the higher dilutions. The third decimal dilution is that which "I always employed in acute oedema in all its forms". (William Boerrick).

3. From 3rd to 30th according to the sensitiveness of the patient, and in most acute affections advises its alteration with Aconite, to avoid excessive reaction. (Hughes.)

BANISH HABITUAL CONSTIPATION WITH SILICA MARINA 3X

Constipation appears as a regular symptom in almost all diseases. Besides many believe that constipation is the root cause of almost all diseases. It is however, a fact that constipation causes a host of symptoms Lassitude, debility, heaviness of head, pain in various parts of the body, rheumatism. Lumbago, want of appetite and a host of other similar vague complaints may be due to habitual constipation. Therefore by removing constipation these complaints can be cured.

(Available in Bottles of 100 Tablets each)

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**INDIAN INSTITUTE OF HOMOEOPATHS
KUMBAKONAM.**

Branch: 15, Stringers Street, Loane Square MADRAS-1

A case of Gastric ulcer

(By Dr. Xavier Kurupacherry)

Patient — MALE

Age — 35.

This patient approached me for treatment on 22-12-'50. I saw his report. I understood that he was suffering from Gastralgia for about 5 to 6 years with at least 3 or 4 paroxysms in a week. The following leading symptoms were noted. On every attack, he was very sensitive to noise, or any disorder around him and he could not find relief in any position of lying or sitting; he was much restless and fearful. The slightest relief he got, was only from hot drinks and hot fomentations and also from vomiting at times. Symptoms aggravated at night, especially after mid-night. He did not prefer cold food, drink or milk in his normal state. He did not like cold bath. He preferred everything hot.

Considering the above symptoms, 3 doses of Ars. Alb. 30 were given to the patient to be taken at 3 hours interval. Patient took 2 doses by which he got much relief and he slept until 8 A.M. He took the 3rd dose also and came to me and reported the matter. I gave him another 4 doses of the same medicine to be taken one each daily at bed time. After this, he was alright for 2 weeks but another attack came again. I gave him one dose of Ars. 200 and some doses of "Second best remedy" advising him to take medicine daily for at least 3 months for the complete cure. This time also he got relief, but he did not care to take my advice. When the next attack came he went to the Government hospital for a thorough instru-

mental examination' and thus allopathic treatment was begun for the flatulent colic which was diagnosed by the doctor. For 3 weeks he took medicines by which period the patient became worse than before. So he went to another prominent allopathic doctor. He diagnosed the case as gastric ulcer and the treatment was carried on for more than 1½ months by which time the patient got some relief from pain in his stomach, but a few new symptoms, cough, loss of appetite with emaciation appeared, for which only nourishment was advised. The patient, being poor, could not meet the expenses of medicines and for the fresh "nourishing food". He stopped all treatment being despondent. After a few days, he came to me, reported everything and consented to be treated by me again. Thus, on 29-4-1951 Nux 30 - 6 doses were given for three days followed by Phos 30 - 6 doses for 3 days. After having these medicines he got some relief from his cough. One dose of Phos 200 was also given followed by Sac-lac for 2 weeks. By this time his cough and loss of appetite had completely disappeared but the pain in stomach continued without any change.

On 22-5-1951 Ars. Alb. 200 - 1 dose was given and he was asked to report after one week.

30-5-1951. He was reacting to the medicine. As the medicine was acting, only one dose of, sac.lac. was given. Patient felt better by that one dose for 28 days.

20-6-1951. Ars. 1 M one dose was given. After 2 days the symptoms were aggravated. So, the patient sent for me. As the aggravation was only Homoeopathic, I gave him nothing but placebo. After a few days he began to feel better and he himself decided that he was completely cured.

5-9-1951. Patient complained of a slight pain in his stomach. Ars. 10M - 1 dose was soon given. This dose gave the patient complete relief from his pain in the stomach but at the same time after a few days, brought out some itches on the left ankles of his leg. On being questioned, the patient gave a previous history of itches, obviously suppressed by allopathic treatment.

Anyhow, the medicine given was correct as the suppressed miasm came out. I advised him not to apply any ointment other than the vaseline I gave him. After a month of so those itches began to dry up. I advised him to wait some more time without any medicine. He waited another one month more but the itches were in the same state, but producing some sulphur symptoms. I at once gave him a dose of of Sulph 10-M. which completely cured the patient. It is more than 3 years now that the patient has no trouble at all, of any kind.

MULLEN OIL

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OUR OWN BRAND

An excellent remedy for all affections of the ears, such as pain, ulcerations, fetid discharges, and for removal of hardened wax. Instil one or two drops into ear and plug with cotton wool.

MULLEN OIL may also be used internally a few drops diluted with water for irritation of the urinary tract and for dribbling of urine.

Dose: 3 drops three times a day internally.

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Homeo House :: Kumbakonam

HOMOEOPATHY AND THE STATE:

(Sri P. Sankaran, Bombay.)

On August 26, a Minister stated in the Madras Legislative Assembly that Homoeopathy is a system that is gradually dying out.

It is to be deeply regretted that the Minister's impressions are so divorced from facts. The Government of India have appointed a committee of eminent medical men who took evidence from all over the country and recommended to the Government that Homoeopathy was a scientific system which deserved to be recognised and encouraged. Accordingly, the Union Government have taken various steps to promote Homoeopathy such as formation of an ad hoc committee, the provision of over ten lakhs in the First Five-year plan, etc.

Various State Governments have also enacted legislation recognising Homoeopathy. Fully equipped Homoeopathic colleges or hospitals have been opened in various States. There are over 9,000 registered practitioners in West Bengal alone, over 2,000 in Bombay and several thousands in U. P., M. P., Bihar etc. There is a fully equipped Homoeopathic hospital in London, incorporated by Royal Charter, and staffed by highly qualified medical men. Besides, an eminent homoeopath, Sir John Weir, is personal physician to H. M. the Queen.

The Madras Ministry which was formerly known for its leadership, has not only lagged behind but has even failed to follow the lead given by other States. Its Minister declares that "Homoeopathy are mere quacks"! This attitude recalls Rabelais' Winkle and Don Quixote.

(Hindu, dated 7-9-1955)

Printed & Published by S. V. R. MURTY, at the Homoeopathy Press,
Home Home, Kumbakonam

BAHOLA Brand STERICO Specific for Hysteria

Hysteria, the hydra-headed complaint is amenable to the ordinary medical treatment but rarely. But Homoeopathy offers great scope for the accurate treatment of this condition, since homoeopathic medicines in their potentised form have specific action in the mental sphere and this has been proved all over the world. Here is a poly-pharmaceutical preparation strictly according to homoeopathic methods and we recommend it to all who are in need of a specific for hysteria, neurosis, hallucinations etc.

Composition: Aquilegia, Castoreum, Moschus, Pothos Foetidus, Platina, Sambal, Valeriana, Ignatia, Asafoetida, etc. all in potentised form.

DOSE

Liquid: 8 drops per dose mixed with $\frac{1}{2}$ oz. of pure water 3 to 5 times a day.

Injection: 1 c. c. subcutaneous or intra-muscular once or twice a day.

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M. SAMUEL

INDIAN INSTITUTE OF HOMOEOPATHS

HOMOEOPATHY

FOR HEALTH & LIFE

NOVEMBER 1955

830
4-55 GASTRIC AND DUODENAL ULCERS

○

THOUGHT GEMS IN HOMOEOPATHY

○

SOME THOUGHTS ON EYES

JOURNAL OF THE
INDIAN INSTITUTE OF HOMOEOPATHS

The "HOMOEOPATHY"

Management Notice

The "HOMOEOPATHY" is the official organ of the Indian Institute of Homoeopaths (Kumbakonam and Madras) and is published on the 5th of every month.

Original contributions and articles of interest connected with Homoeopathy and allied subjects are solicited and will be published, if accepted. Writers of original contributions of extraordinary merit will be suitably rewarded according to the decision of the management. Contributions which are unsuitable for publication will be returned to the parties, if so desired, provided return postage is enclosed with them.

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Managing Editor: Dr. V. R. MURTY

NOVEMBER

1955

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KIDDYTONE contains all the ingredients that are required to build up growing tissues, such as Calcium, Phosphorus, Iron, Magnesia, etc. Just in subliminal form that absorption takes place directly. This can be used from birth of child to adult age.

Indications: Weakness, Rickets, Flatulence, Diarrhoea, Teething troubles. Continuous use not only tones up the system of weak children, but also acts as a preventive of Liver and spleen complaints, whooping cough and enlarged Tonsils etc.

KIDDYTONE, if taken, at time of puberty, removes weakness of eyes, pimples on the face and gives tone to Brain and Nerves.

Dose: Half to One Tablet per dose, three doses per day before food.

(Supplied in bottles of 50 Tablets)

PRICE Rs. 2—8—0

INDIAN INSTITUTE OF HOMOEOPATHS
KUMBAKONAM
MADRAS

THE HOMOEOPATHY

VOL. V

NOVEMBER

BOOK 11

HOMOEOPATHY AND THE STATE-2

IN a democracy, laymen, lawyers and professors, with the political knack of capturing peoples' imagination, find themselves suddenly thrown up by the voting machines into positions of responsibility as legislators and Ministers. Once inside the legislative halls they are called upon to give extempore opinions on matters so vast, varied and intricate that imagination staggers at what is expected of them. On their decisions hang the fate of millions of persons and crores of rupees. And when democracy is in a great hurry, as we in India frankly are in our great march towards a welfare State, quick and hasty decisions have to be taken which may not always produce the results expected of them. That costly mistakes do not happen oftener is an eloquent testimony to the mental calibre of our representatives, their ability to take pains and absorb essential knowledge from specialists and technicians on any matter of importance that comes up for discussion in the legislatures.

In this set-up, it is an essential civic duty of every citizen to keep the representatives accurately informed of our opinions on the important topics of the day. Much more so is it the imperative duty of professions to similarly help and educate the representatives on their peculiar problems and needs, whenever legislation affecting themselves

are on the anvil. If we are not intelligent enough to appreciate the need for this, we cannot complain if wrong decisions are taken over our heads.

Now, as far as homoeopathy is concerned, it is our feeling that the case for Homoeopathy has gone by default. If varied and differing decisions are taken by different States regarding the status and future of Homoeopathy in India, if in one State Homoeopaths are thought of only as next to quacks and charlatans when, at the same time, the President of the Union gives it as his considered opinion that in a poor country like India Homoeopathy has a great future, the fault is entirely ours.

We, as a profession, are so terribly disorganized ourselves that although we are making a solid contribution to the health of the country for the past several decades, and count our adherents in tens of thousands, still even today we have no central professional organisation that can with an authoritative and representative voice speak on behalf of the profession as a whole and educate and inform the legislators and the public on our various activities, our contributions to the welfare of society, our hopes, aspirations and needs and how effectively governments can help us in being of greater use to the public.

We do not speak with one voice. We are divided amongst ourselves. We do not seem to know our own minds. We fritter away our energies and money in several, small, weedy associations and smaller, weedier journals, that set up a cacophany of voices derived from mutual jealousies, fears and quarrels.

We suffer from an inferiority complex—the Homoeopaths as against the allopath, the correspondence-trained one as

against the four-year-courser. It is also true that the others are suffering from a superiority complex. The allopath safe in his entrenched position, can be excused for being stand-offish; but, what about the four-year courser, and more amazing still, the correspondence-trained person who, though himself successfully practising medicine and carving out a career for himself, is ashamed of his upbringing and would deny his won bretheren!

Is it any wonder then that our thin, squeaky little voices like those of fledglings, anxious, competing and crying, for the worms that the mother bird brings, are drowned in the blaring of the brass-band, constantly beaten by the allopathic profession?

These are the symptoms of our malady. What Homoeopathic remedy is there that can cure the profession of its illness and put it on its feet so that, instead of being despondent and frustrated, it can hold its head high and walk like a man amongst men, conscious of its legitimate place in the body politic of India. Let Homoeopaths ponder.

CASE NOTES — NEPHRITIS

(CONTRIBUTED)

Talk of Homœopathy and miracles, the following interesting case will demonstrate even to the sceptic what homœopathy can do if only we can get at the correct similimum according to Hahnemann's methods.

As the patient happens to be a relative of mine, I can vouch for the truth of the whole story.

The patient who had a long history of several illnesses, started in November, 1953 on a journey to Delhi and the north with a view to visiting the holy places. In actual practice, what happened was that by the time she reached Delhi, she had developed dropsical swelling on both the legs, which increased day to day, until it spread to the whole body and face. As she had a previous history of kidney trouble, as well as filariasis, the allopathic physician and consultant had her urine and stool tested, arranged for an X ray to be taken and also a midnight blood-test. The urine showed 3.5 albumin. Although the blood-test showed negative, the doctor decided it was filariasis as, in the meantime, sores had broken out at the ankles and feet. She was under treatment of an F.R.C.S., L.B.C.P. for two months and showed no improvement. The patient was then shifted to Calcutta, where the foremost filariasis expert certified that this was no case of filarial infection. Nevertheless, to make sure, he gave a dozen anti-filarial injections, without showing any result. Still, the most leading physician of Calcutta diagnosed it again as filariasis. A general practitioner, who was also the family physician, after listening to the whole story, said that it was a case of dropsy and advised the patient to be taken to her permanent home in South and be

given whatever treatment it was possible, and "home comfort" as he put it.

Then, came the turn of Madras, where Dr. Guruswamy Mudaliar, definitely diagnosed it as kidney trouble. He argued that it could not be filarial because the swelling which was very noticeable in the whole body and both the legs, nevertheless, tapered off when it came to the ankles and feet, which were normal. It would be the other way about, he said, in a case of filariasis. He advised cortis one treatment, but the G. P's in the South, at the home town of the patient, would not take the risk of that new remedy, whose behaviour was still considered uncertain, and suggested more orthodox treatment. But, they were stumped once again. Albumin in the urine showed 3.5, the urine was brick-red and scanty. In the presence of albumin, orthodox arsenious injections could not be given. Completely salt-free diet was prescribed for three months, calcium diuretin and other diuretics were prescribed without any effect and thus allopathy practically came to a stand-still. As the family physician in Calcutta had said, all became reconciled to a gradual worsening of the case until the final chapter would come in due course. I may add the patient did not believe much in Homœopathy, except perhaps for a cold or a cough; but at this stage, it was suggested to her why not try Homœopathy also, especially as it would be free—I was treating cases free at that time. I must mention here that by this time the patient had spent more than a thousand rupees between the various specialists, consultants and tests.

It was so obviously a case of *Apis*, that I put her on *Apis-30*, three doses a day, for a week. She was reported as passing increased quantity of urine every day, but on the fourth day, I heard there was profuse purging—about thirty times a day or so—and that the patient was bed-ridden.

NOVEMBER '55

HOMOEOPATHY

When I saw her, swellings had completely left her face and body, but now she looked cadaverous, thin and sinking.

I stopped *Apis* and put her on *Ars. Alb.* 6—one dose at two hour intervals. There was a gradual lessening of the purging until on the fourth day or so, she was reported normal. That week she was on a diet of barley, biscuits and apple juice. Diet was gradually increased until she was normal. In ten days' time she was moving about in the house but the swelling in the legs remained. She was asked to continue *Ars. Alb.* 6, morning and evening, daily, for some weeks—urine came to normalcy, and the swelling in both the legs came down gradually. In about a month's time, the swelling had completely disappeared; but, in its place, on the calf of her left leg a patch about two inches square became very hard and painful and looked like a blind ulcer. In about a week's time, everybody become impatient and the allopath family-physician suggested an operation. He came round with his paraphernalia but at the last moment when the urine was tested, it showed 1.5 albumin. He and I agreed that from 3.5 to 1.5 was a great improvement but that no operation could possibly be performed with so much albumin in the urine.

The lady was luckier than she or her allopath knew, for, slowly under *Ars. Alb.* 6 only, the sore patch decreased day after day until the patient ceased to notice it at all.

The *Ars. Alb.* was stopped after two more months as she was completely free of all her troubles. The urine test showed no trace of albumin.

Needless to add, I was the most surprised of the lot, as, frankly, when I took up the case, I was not that much hopeful of success.

Several months later, one of the *Materia-Medica*s told me that *Apis* should be alternated with *Ars. Alb.* to avoid complications.

Pointers

Dr. C. Vincent, Madras

(continued from October, 1955 issue)

113. Improper courses of study in any subject make the students to waste a vast amount of time in acquiring the knowledge and experience they need.

114. The similimum is the drug whose pathogenesis is most similar to the case under consideration.

115. The causation of a case of disease is only one aspect of its symptomatology.

116. The causes of disease are of two sets, the predisposing and the exciting.

117. It is a good exercise if you feel elated at what you have done. It is otherwise if you feel completely exhausted after the exercise.

118. This is the secret of all exercise, brain or muscle; work must be done upon saved up interest, not upon the capital. If you use the capital, it only means for the body—bankruptcy—sure and certain failure.

119. If you make determined efforts to do any physical work that is distasteful to you, if you work by the clock, then you are injuring yourself every minute you are at it. You are drawing upon your nervous capital, not upon the interest.

120. If you have exercised beyond the power of the nervous system to send full impulses to the skin so that it will pour out its poisons, some of this poison remains in the

body and sets up a condition known as auto-intoxication, which only means self-poisoning. All kinds of nervous effections arise from this state.

121. The functions of all the sex organs are directly affected by the nervous system.

122. Sex functions are the greatest factor in all life.

123. All the future health, morals and happiness of a girl depend upon how the first four or five years of the budding age are lived.

124. As long as a girl is virtuous, the womb cleanses itself every month.

125. Everything in nature moves in cycles—that is—moves in regular periods.

126. No girl between twelve and eighteen years of age should ever train for physical contests or any form of athletic competition.

127. A girl or woman should never exercise a few days before or a few days after her periods.

128. Anything, in fact, which lowers the tone of a girl's or a woman's health will affect the mensua.

129. Dancing is a good recreation and exercise, but it should not be indulged in two days before the menstrual period and not until two days after.

130. We should have girls' schools everywhere, and these must have teachers whose first thoughts are the physical welfare of all the pupils and who are thoroughly conversant with sex hygiene and all this means to the future women of our land.

131. Every girl should be placed in the unembarassing position to leave and go home at any time during school hours on the basis of sex hygiene.

132. Sleepiness should not be overcome as a rule, as it is nature's signal to stop work.

133. Sleep with a little covering over you, as is possible with comfort.

134. Keep window wide open at the top when you sleep.

135. No underclothing of a material to absorb and retain perspiration should ever be worn.

136. Use porous linen underwear.

137. Woollen underclothing will cause a tendency to rheumatism.

138. Cold bath will keep your flesh firm and hard; will take off fat if you are too fat, and put on flesh if you are too lean. Like everything in Nature, the improvement comes slowly, but it certainly comes.

139. Nothing artificial equals the natural.

(to be continued)

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GASTRIC AND DUODENAL ULCERS

by G. E. Leonard

When the Homœopathic physician or practitioner is confronted by a new patient he is often asked by the anxious sufferer "Can Homœopathy help in my case? My own doctor says I shall have to have an operation, but I want to avoid that, if I can;—so I have come to you." Yes, many seek homœopathic aid when the verdict is severe; the fear of the surgeon's knife will drive many to seek treatment which otherwise they would have shunned. How many stop, I wonder, to give thanks that there is another way to treat the body than by surgery and drugs; how many stop and look into themselves for the cause of their trouble? We are all apt to feel that the body has given up of its own accord, that disease has been wished on to it; not often do we realize that the fault dear friends is in ourselves. It is our inner nature that is askew; our thoughts and attitude to life that need adjustment if the Vital Force is to flow in healthful waves through the physical body.

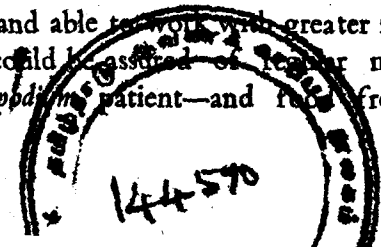
The founder of Homœopathy, Samuel Hahnemann realized that disease was in fact the interruption of this inner harmony, and taught this principle. The Vital Force must be so harmonized and strengthened that it can overcome the invasion of extraneous powers. By its strength it will destroy the outer manifestation of disease, regardless of the labels that during the course of time man has affixed. Treat the individual patient with the remedy which corresponds to his unique individuality, and you will re-establish true wholeness or health.

Thus when orthodoxy calls the pain and discomfort in the stomach, gastric or duodenal ulcer, it is the ulcer disease which is manifesting, but it is the Vital Force of the patient that needs attention. The Homœopathic physician can say with confidence "Homœopathy will help you," and "it may not be necessary for the operation after a period of treatment," because he knows that there are remedies, proved throughout the years, suitable for each individual who suffers and is sick. Homœopathy will not avert all operations but in many many cases the correctly selected remedy has made the drastic procedure unnecessary. And this particularly so in the case of gastric and duodenal ulcers.

Many people ask the cause of their complaints, and rightly so, for if the cause can be correctly ascertained, procedure can be instituted to correct it and prevent recurrence of the manifestation. In the case of stomach ulcers it may be attributable in many cases to hyper-acidity; in others too hot drinks, irregular meals, disorders of the nervous system or septic conditions of the teeth, or our old friend or enemy, constipation. The symptoms develop slowly and often the patient is quite unaware of his trouble until it finally makes itself apparent in pain which comes on after meals, often accompanied by severe heartburn and cramps in the stomach. If we are to remove the cause, steps must be taken to readjust the daily routine, the habitual diet, and the attitude of mind. If it is established that the patient is of a nervous, worrying type, or is carrying a great load of anxiety, quiet and helpful reasoning on the part of the physician or practitioner may bring a new sense of proportion and a lifting of the burden which will do much toward helping the appropriate remedies to completely cure the disease.

I remember a case of a young woman who came to be treated homœopathically, because she had a duodenal ulcer. She had been X-rayed and an operation advised. She was extremely nervous, full of anxiety and very irritable. She suddenly confessed that she seemed to be two people or to have two minds, one always contradicting the other. After eating and while she was having her meals she felt considerably better. She was given *Anacardium orientale* (a unit dose of the 200th potency). Her symptoms gradually vanished and when she was X-rayed some three weeks later, it was revealed that the ulcer was cured. A startling advertisement for the efficacy of homœopathic medication. But not all respond so easily.

Where meals are taken persistently at irregular times, due perhaps to force of circumstances, and always in cafes, hotels and restaurants, where so often food is poor and of little value after constant re-heating, the tendency to stomach disorders is not so easily treated. A commercial traveller came to me in great distress with pains in his stomach, he had to keep nibbling biscuits to keep free, his work was worrying for trade was difficult. At home on holidays, with home-made bread, vegetables from the garden and a peaceful atmosphere, he was fit as a fiddle but as soon as he was "on the road" again his trouble returned. He was very prone to crops of boils and suffered from constipation. *Sulphur* 30 in weekly doses for four weeks and *Lycopodium* 6 night and morning made the most amazing improvement, and although he has had slight returns, there has never been any need for him to continue his nibbling, and what is more, he has become a more successful traveller. He is steadier in every way and able to work with greater zest and interest. If this man could be assured of regular meals—so necessary to the *Lycopodium* patient—and free from



artificial, not cooked in aluminium and ruined by twice cooking and over-heating, he would be completely fit.

This brings us again to the great problem of diet and the necessity for the insistence for pure whole foods. The constant introduction of artificial fertilizers to the soil creates food lacking in the vital forces so necessary to health. The devitalizing processes to make flour and sugar white, makes them poisonous to the digestive system and creates those conditions of hyper-acidity, the forerunner of many ulcer conditions. Nevertheless, diet for the treatment of ulcers gastric or duodenal, must be prescribed for the individual. Much will depend on whether hæmorrhage is present or not.

Where the ulcers are of the non-bleeding type, a simple wholesome diet will be sufficient. New bread, alcohol, spices, sweets, meat soups and red meat and all fried foods should be avoided, but there is generally little need to have an entirely milk diet for months or long periods in bed. If on the other hand there is evidence of bleeding, a period of fasting may be necessary and complete rest in bed, a 5 per cent solution of pure cane sugar in water may be taken daily and as improvement sets in, milk and gruel—Slippery elm and arrowroot may be added; later, eggs in milk, junkets and very thin wholemeal bread (made from fine wholemeal flour, not coarse), with butter, pounded fish, and purees will gradually build the patient and accustom the digestion to more normal activity. The remedies that are helpful are numerous, but must be prescribed always on the Homœopathic principle of that which is the most similar to the patient. Those enumerated below are some that will cover certain types of symptoms, but if no lasting improvement is achieved, then the advice of a Homœopathic physician or reliable practitioner should be sought immediately.

Kali. bich. 6. Vomiting, burning pain, digestive disorders due to heat.

Anacardium 6. Irritable, bad tempered patients, nausea, chilliness, increased flow of saliva. Better for sun-bathing.

Carbo. veg. 6. Pressure in the stomach, distress and tightness in the abdomen, better after eructation and passing of wind, burning pains; aversion to fat and fat pork.

Ignatia 6. Nervous patients with changeable moods; improved from eating. Constipation with ineffectual urging.

Nux vomica 6. Constipated patients, all troubles aggravated in the morning after eating; cutting, burning pains; physical weakness.

Bryonia 6. Feeling of a load or weight in the stomach after meals. Dislike of fat and movement. Bitter taste in mouth and great thirst, Better by pressure. Worse by walking in fresh air, by touch, night and morning. Hard dry stools.

Pulsatilla 6. Pressure and pain in stomach after the lightest meal. No thirst, chilly patients. All symptoms worse by warmth, indoors; better moving in the open air.

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THOUGHT GEMS IN HOMOEOPATHY

(Sri K. N. Gopala Pillai, M. A., N. S. S. College, Changanachery.)

1. The science of Homoeopathy is the correct grouping of all the relations existing in the pathogenic phenomena of life-force, applying it to law, which is the shortest and most direct route back to cause.

2. The physician who suppresses any miasmatic state or disease process is an enemy of law or, at least, there is no mutual understanding between him and law.

3. The law of Homoeopathy is so broad and so sweeping that we do not have to go outside of its bounds or away from it an iota, for it is applicable to all diseases, states and conditions.

4. We cannot remove local or external expressions of disease by the use of X-ray and call it cure, as there is but one law of cure, that one promulgated by Hahnemann that disease is cured from within outward, from above downward.

5. We must not lose sight of the fact that while we are dealing with disease, we are dealing with life, for all disease processes are perverted life-processes and all must be brought under the laws of life in order to restore that disturbed harmony.

6. As the miasms are multiplied, the disease process becomes still more complex and multiplied so that the effects of a suppression is then more complex in its phenomena, therefore more dangerous to life.

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7. The suppressed action of a chronic miasm means much to the patient to the family and to the race in general, for it not only weakens the race, but it means hereditary transmission of either that perverted state or that deeper and more profound involvement. by these newly developed processes, coming out of such suppressions.

8. In sycotic diseases, rheumatism is usually present, while the psoric is often accompanied with neuralgic pains.

9. Asthma, one of the spasmodic diseases of the respiratory tract is decidedly a disease induced by suppression, in fact it never comes from any other cause.

10. There are three miasmatic conditions which, as a rule, when suppressed produce disastrous conditions; these are acute itch, gonorrhoea in the first or second stage, and the malarial miasm often called intermittent fever.

11. The true physician and the true scientist will look deeper into the cause of the mental phenomena, for he knows that the royal centres of life are not disturbed by any trifling cause.

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SOME THOUGHTS ON EYES

By Dr. A. C. G. ROSS

THERE was a time when, as a medical student, I thought I might become an eye specialist. Ophthalmologists seemed such uncomplicated people basking in the sunshine in their large cars, waiting for the cataracts to ripen, with their pockets full of atropine and acid drops.

To one who values individuality more than most, I thought it would be a pleasant thing to gaze into eyes of a diversity of colour, and to be paid for it. Not for me the dark cavern of the mouth, or the treasure house of the chest; much better the eye with its fascinating appendages.

The wise say variety is the spice of life. Think, therefore, of the variety in eyes. Cicero has called them "Sentinels of the Soul". "Take a pair of sparkling eyes" is a good song, but why limit oneself to a pair? There is many another pair under the bonnet or under the veil!

Consider the colour more carefully. Blue, brown, black, grey, green, hazel, even yellow. Blue has always been the popular colour, brown the most intelligent and hazel the most appealing. Mistress Nell Gwynne had hazel eyes. Hazel for helplessness. "Don't let poor Nelly starve"! All my eye and Betty Martin!

As well as a variable colour, eyes have a variable shape, from the full round saucer eyes of a wondering child to the cunning almond-shaped slits of the Oriental. The pupil also can vary in size. Small in the morning when the eye is rested, and large at night when stimulated by love, or light, alcohol, or belladonna.

When we are young I suppose vitality is the quality most sought after in the eye, but as we grow older we value kindness more.

A brilliant glance, the glad-eye of the music-hall and the public street is a delight of youth; but the steady eye of understanding is one of the rewards of age. Lack-lustre eyes are a misfortune not always associated with ill health, though, as a rule the person who is full of beans has clear sclerotics. Bile beans for health! The girl with the cod-fish eye may be a back marker as regards matrimony, but she may have developed other attributes.

What one misses most in the eyes of youth today is a lack of speculation, nothing is a surprise any more.

"Thy bones are marrowless, thy blood is cold,
Thou hast no speculation in those eyes
Which thou dost glare with."

Most of the modern treatment of eye conditions dates from the invention of the Ophthalmoscope by Helmholtz in the middle of last century.

Homoeopathic Remedies

The homoeopath has many remedies to choose from for the common complaints of lachrymation and photophobia, about three dozen drugs are listed for each complaint, so he must individualise carefully, separating the constitutional from the mechanical causes.

Dr. Scoular had an article in the British Homoeopathic Journal for July 1947 where he remarked that he had gone through the materia medica pura and only once come across the word squint under ALUMINA "Squinting of both eyes"—but in a true squint only one eye rolls.

Cataract as a word is also only mentioned once under CANNABIS SATIVA, though Kent has five drugs in large type, CALC. CARB., CALC. FLUOR., CAUSTICUM, MAG. CARB., SILICA, SULPHUR.

The eye condition that requires immediate surgical attention is glaucoma or a rise in the intra-ocular tension. Glaucoma can be either acute or chronic and is seen in the pop-eyed type of person with bloodshot eyes—they have the dog-like eyes of the Pekinese.

I have used SPIGELIA, SULPHUR or PHOSPHORUS for this type of patient but it is best to play safe with them and put them under the care of an eye specialist for in an acute attack of glaucoma no time must be lost or they will lose the eye.

John Milton was blind for most of his life. He wrote of "Euphrasy and Rue to cleanse the visual ray"—and I still use EUPHRASIA tincture, five drops in water, for conjunctivitis and RUTA tincture for the modern eye-strain found in television addicts. [Two drops of tincture to the eye-bath of water.]

For the starry-eyed types I think almost automatically of BELLADONNA or CALC. CARB. or CALC. PHOS.

Another eye medicine which is neglected is CHELIDONIUM, whose very name bears relationship to the eyes for it comes from chelidon, the Greek word for a swallow. The Ancients thought, that if a swallow picked out the eyes of the young, the plant chelidon (or the greater celandine) could recover their sight. I once used CHELIDONIUM with good effect on a man who came to me with blue sclerotics. This made me think at once of fragile bones but there was nothing of this in my patient's history so it was not a deficiency disease. It

Another case I had recently was a lady who, for quarter of a century, looked after the gold fillings in a dental establishment. She was depressed and going blind for her exacting job was to measure out the gold each day and check up the gold filings in the evening. I gave her AURUM SULPH. and sent her to an eye specialist who said she had detachment of the retina. She improved so much on the AURUM that he had the greatest difficulty in finding where the detachment was at the operation.

— The "Homoeopathy"



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**JOURNAL OF THE
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THE HOMOEOPATHY

VOL. IV

DECEMBER

BOOK 12

HOMOEOPATHY AND THE STATE-3

During the last eighty years no doubt we have had brilliant Homoeopaths who have helped to popularise this system in India. Among those who did pioneer work stand out prominently the names of Dr. Mahendra Lal Sircar and Dr. W. Younan who were both practising physicians of great eminence and Mr. M. Bhattacharjee who first started manufacture in India of Homoeopathic medicines.

After them there have been no doubt many honoured names; but they were all individualistic in the sense they all had eminent practice, built up fortunes and passed away. The two parent Homoeopathic Colleges in Calcutta did yeomen service by turning out hundreds of well-trained Homoeopaths, who spread all over India and brought name and fame to the profession. Then came the turn of institutions teaching Homoeopathy by correspondence course, among whom we hold a not insignificant position. No doubt there may be, and are, some institutions that for a tuppence or a ten rupee would mislead the guileable public and give out multicolored diplomas on fine-art paper without even pretending to impart any education. These are the weeds that have grown in the garden of Homoeopathy and it is essential that they are weeded out. But whoever heard of destroying the whole garden in an effort to weed out the undesirable plants?

The present generation of Homoeopaths are suffering from a delusion that there will be a glut of Homoeopathic physicians in all parts of the country and that therefore everyone must make an effort to keep down the number of

8. Today the psoric miasm is, to a great degree, blended with sycosis; fully 80% we are told, have sycosis in some forms therefore catarrh is now the prevailing expression we meet.

9. Unless we know some thing of the action of psora, sycosis and syphilis in their different stages of action and also their latent conditions, we cannot follow disease in all its changes and mysterious presentations.

10. If sycosis has passed fully into the tertiary stage, we cannot as a rule, reestablish the discharge, although we may be able to bring forth a warty eruption upon the skin either local or general.

11. Patients suffering from idiosyncrasy cannot be said to be healthy human beings. They need anti-miasmatic treatment.

12. Many times we do give the true anti-miasmatic remedy according to the law of similia, but we give the potency too low to get the full breadth and depth of its action and while it may abort the existing acute disease, it leaves, as a rule, the deeper pre-existing miasmatic symptoms.

P Y L E T

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Clinical Cases

UTERINE HAEMORRHAGE

By Dr J. D. DeVine, Pallavaram.

When I was in Royapuram (Madras) I was asked to see a case of Uterine Haemorrhage of ten days' standing, and which resisted all treatment. The girl aged 14 had eaten green papayas with salt, and two days later these symptoms developed.

A doctor from the Hospital was attending and though he had given her eight injections, the haemorrhage would not cease.

When I was asked to attend, I said I could not do so without the doctor's permission, as it is against medical etiquette. The doctor my neighbour, and a friend of mine, whose name I do not wish to disclose, however, gave me permission.

On going through the various symptoms, I found that apart from the severe haemorrhage, there was oppressed breathing with persistent nausea, so on looking up Cowperthwaites' Materia Medica, I decided to give *Ipecac 30*. I then gave six doses, three doses per day for two days, and asked for a report to be sent the following morning.

On the following day I was told the haemorrhage was ceasing. That very evening the doctor asked me, how the patient was progressing, and what I had prescribed, so I told him, that according to the report I got that morning the patient was better, and the medicine prescribed was *Ipecac 30*, and that I intended, giving her *China 30* for anaemia. He laughed at me, saying we usually prescribe *Ipecac* for all

bronchial ailments. So I asked him to look up his materia medica, and on doing so, he confirmed my statement.

On the third morning, I received a report, that the nausea and hæmorrhage had ceased, and that the patient looked brighter. The doctor on hearing this was so pleased with my results, that he asked me, if I had any homœopathic remedy, for a lady aged 46 suffering from uterine hæmorrhage which comes on every two or three months, making her imagine that she is pregnant. He says it is so severe, that it even affects her mentally. So I told him in that case, the medicine according to my books, and which I usually prescribe is *Lachesis 30*. He said he had never heard of it. So he asked me to give him some. I gave him four doses two per day. A week later he reported that the medicine did her a world of good. He then asked me to give him the names of all my important drugs, so that he could try them on his patients. This request was willingly complied with.

SOME SIMPLE CASES

(DR. P. SANKARAN, L. I. M., Bombay)

1. *Pyorrhoea Alveolaris*

Name: Mr. C. E. J. Age: 30 yrs. Profession: Poet

Date of observation: 29th August, 1952.

Chief complaint: Pyorrhoea.

Present Symptoms: Pus formation at the root of the teeth (painless); salivation excessive.

Painless ulceration of inner side of the cheeks with thickened sensation. Cracks at the angles of the mouth.

Appetite: Fair; wants a little more salt; takes water three or four glasses per day; Tea-6 cups.

Sleep easily disturbed; numbness of finger after sleep; Dreams of dead father, excessive.

Gets burning some time in back and neck.

Palpitation on slight effort.

Open air amel.

Wants literary friends; makes other people do his work.

Weight: 123 lbs. B. P.: 128/90

Previous History: Father died at 62 of cancer. Mother, living: 64 yrs-healthy

The patient has consulted a dentist who has strongly advised the removal of all the affected teeth.

The remedy for this patient, which even the beginner would have spotted, was of course the king of the anti-psorics. So he took on
30-8-52 Sulph.: 1M, one dose

8-10-52: Had wonderful effect; salivation nil; cracks at the angles of the mouth healed; sweat much less; no ulcers in mouth; pus formation less; all other troubles have disappeared.

10-11-52: Placebo Condition normal.

10-1-55: The condition relapsed twice or thrice but the same medicine on being repeated (ultimately in 10M potency) cleared it up. He remains well for the past one year and more.

2. *Leucorrhoea*

Name: Mrs. T. K. R. Age: 21 yrs.

Date of observation: 24th January, 1952.

Entrance complaint: Leucorrhoea.

Ever since puberty; passes milky flakes more in day time esp. agg. at noon, absent at night, sometimes excessive, not offensive (Every time is free for 3 to 4 days after menses period.) It is stringy just like thick congee or rubber.

Has to put in great effort for stool because stools are hard and knotty like sheeps dung.

Appetite poor; normally likes hot meals; desires coffee.

Thirst; little and often; takes 15 to 20 times a day, cold water.

Urine passed 15 times; sometimes less.

Sleep: not very sound. Dreams: of daily affairs.

Weakness and Dyspnoea, agg. on exertion, talking, ascending, etc. especially when flow is more.

During and before menses period pain in hips.

On being in the same posture, for sometime gets numbness of the limbs.

Physical exam: looks emaciated and anaemic. Wt.: 78 lbs.
B. P.: 100/80.

Family History: Married in 1949; has one healthy child.

The case was worked out on Kent's Repertory. The first symptom taken was the consistency of the leucorrhoeal discharge, not only because it was so peculiar and prominent but because the patient felt it necessary to describe it in such a picturesque way.

Leucorrhoea, ropy, stringy, tenacious. pp. 722

This was added to the most peculiar aggravation at midday.

Noon, Agg. pp. 1341

This brought down the number of drugs to one only and that was Kali Bich. This drug also covered the peculiar stool (Stool, knotty-Kent pp. 638), the weakness, etc., and so she received on

22-1-52 Kali bich: 30, one dose.

4-2-52: Finds that Leucorrhoea is 75% better; general improvement also found, weakness and dyspnoea less
Sac Lac: T, D.

25-2-52: Condition normal.

Once in June 52, the complaint recurred but the same medicine in the same potency removed it again. Since then the patient remains normal.

3. Depressive Psychosis

Name: Mrs. S. K. Age: 26 yrs.

Date of observation: 20th October, 1953

Present History: About 4 months back she had a misunderstanding with her mother and so she has stopped receiving letter from her. This has rather upset her and she has become very depressed and gloomy during the last 2 months.

She also gets attacks of syncope lasting a few minutes preceded by numbness of the scalp (and brain) during which she is unable to even think. These attacks recur about once in a fortnight, generally in the afternoon or evening. The numbness of the head is agg. while travelling in a bus. She is normal in all other respects.

Physical Examination: N. A. D. Wt.: 100 lbs. B. P.: 100/76

The case presented very typical symptoms. First it was worked out on Kent's Repertory with the following symptoms

The cause of the whole trouble vexation, was naturally given the highest importance and the first rubric chosen was 'Anger' (vexation)

(Anger Page 2)

The following rubrics were added to it.

Sadness, (Depression)	(page 75)
Confusion, Mind	(page 15)
Riding in a wagon or car agg.	(page 1387)
Numbness of the head	(page 132)
Afternoon agg.	(page 1343)

The following drugs came through: Ars., Bry., Lach., Lyc., Petr., Phos., Sep., Sil., Thu.

Further differentiation between these drugs could not be made in the repertory.

The case was worked out on Boger's Synoptic Key for comparison and the following rubrics were taken.

Emotion, Vexation, Agg. (Causation)	pp. 22
Swaying, swinging, etc., Agg. (Modality)	pp. 29
Head numb (location and sensation)	pp. 57

The only drug that came out was *Petroleum*. This was clearly the similimum. So the patient received on

20—10—53 Petr: 200, One Dose

She felt much better but she had one more mild attack on 27—10—55 and so the drug was repeated in 200th potency on 28—10—55 and since then her whole mental condition has cleared up and the attacks have stopped, through an approachment with her mother came only some months later.

- Commenta: (i) There are some homoeopaths who though ignorant of the masterly technique of drug selection initiated by Dr. Boger, criticise his method. Their criticism is deplorable and ignorance pitiable.
- (ii) It is also to be noted that Homoeopathic drugs are able to remove not only the effects of emotional disturbances but are able to lessen the emotional tension even while the cause is operative.

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BAHOLA (arnicated) OIL has been tested and certified by the Medical Profession.

BAHOLA (arnicated) OIL if used for sometime will cause hair to grow even on recent bald spots.

USE

Rub the oil into the scalp daily once. Can be used for daily hair toilet, either pure or mixed with equal quantity of coconut oil.

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DREAMS

By Dr. D. M. Gibson

VOLUMES have been written on the subject of dreams by poets, philosophers, dreamers and others. Dreams have been exploited by magicians, both ancient and modern, for various ends, and often to an extent wildly beyond the usual significance of this very natural physiological process.

Dreaming after all is as natural as waking, or sleeping, or eating, or drinking, or walking. True it is not easy to control one's dreams, but neither is it easy to control one's digestion, heart beat, or a host of other bodily functions.

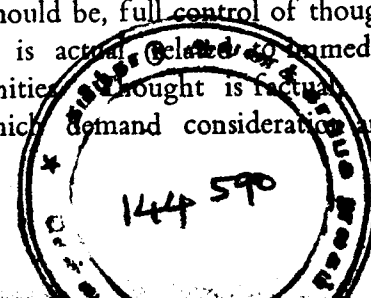
An occasional dream may have significance. History and experience seem to confirm this, but in the main the dreams of the night are but passing sensations and well forgotten with the dawn of fresh awaking.

Consciousness is usually conceded to be a state of awareness of sensation and of thoughts, images and ideas. This awareness may be factual, related to the waking state, or fanciful, related to the dream state, or absent, when deeply asleep. It is possible to speak of active consciousness, passive consciousness and unconsciousness.

Active Consciousness

This is the waking state. There is full awareness of sensory perception and accurate interpretation of the stimuli that reach the brain from without and from within the body. There is also, or should be, full control of thought and of behaviour. Activity is actual, related to immediate needs, events and opportunities. Thought is factual, related to concrete matters which demand consideration and call for

DECEMBER '55



decision. Conduct in relation to matters and men is directed by reasoned thought and deliberate will. Active thinking or doing fills every moment.

Passive Consciousness

This is the dream state. The mind is no longer in full and active control of its faculties. It is capable of receiving stimuli and impulses, but its interpretation is not factual but fanciful. Its awareness is not full and accurate but partial and distorted. Sensory impulses received from various parts of the body are mixed into a stream of impulses flowing uninhibited from the subconscious—that encyclopaedic repository of facts and fancies, of fears and desires, of hopes and ambitions. The over-spill from this seemingly bottomless well creates a series of images of the screen of dream-consciousness. These images, lacking the full directional control of waking thought, vary from a vivid clarity to a kaleidoscopic medley of phantasmagoria, usually, however with a persistent though elusive central theme.

The dream scenes can usually be related to or linked with either the intellectual or the emotional content of the subconscious, impressions received from recent or remote events or intelligences, haunting phobias that are forgotten or pushed aside in the light of day, shades of childhood hopes and disappointments, and so on. The list is inexhaustible. In other words one dreams of things which one has seen, or heard or consciously desired, or even of things not consciously seen or heard or desired, but nevertheless registered in the subconscious as if recorded on an endless sensitive film-strip. One may even dream of things which have not happened at the time of dreaming, but which mayhap one had envisaged consciously, or unconsciously, as possible or even probable future events.

All this is probably the frequent and common experience of every day, or every night, living, except in the case of those deep sleepers who never dream, and thus miss a lot of fun. But there are occasions when dreams of exceptional content and significant import cannot be explained on the basis of the passive reception of impulses from within the body, either physical or psychological. They may be dreams of prediction or of synchronous events of which the dreamer has no direct knowledge, but "the dream is certain and the interpretation thereof is sure." There can be only one explanation of this type of dream or vision, namely that in the state of passive consciousness there is a capacity for the reception of extra-sensory telepathic impulses from outside the body. Moreover such impulses are apt to reach awareness in a more vivid and more rational form than the usual type of dream, and the details of the dream are more readily remembered on waking. This may be because of the unusual, perhaps startling, nature of the dream scene of message, or because when such impulses from without are received in the dream state, or trance state, they are less likely to be blurred and confused in interpretation by admixture with purely somatic or emotional impulses from within the body. The dream image is therefore more clear in its details and more coherent in its sequence, and it remains vivid even in waking consciousness, perhaps for a life-time. The essential requirement for dream-awareness is, therefore, a state of passivity or cessation from active thought and action which block the upflow of subconscious ideas and the inflow of extra-sensory impulses from without. This state may occur in the normal transition between waking and sleeping, or it may be induced by deliberate ritual or by drugs. The capacity for such receptivity varies greatly with the individual, with race, temperament and training. The genuine phenomenon is liable to exploitation and false

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representation by the misguided or the unscrupulous, but the weight of evidence that such telepathic receptivity does exist is overwhelming.

Unconsciousness

This is the sleeping state. There is no conscious awareness at all. Every form of stimulus and impulse is temporarily cut off, or blocked, and unable to reach conscious perceptive level. There is complete ignorance of both the outside world and the inside and the result is bliss, the bliss of nature's sweet repose. There have been a great many theoretical explanations of sleep which have been put to rest each in their turn. The most recent theory is that the question to be answered is not "Why do we sleep?" but "Why do we awaken?" When wakeful stimuli are cut off or cut down the natural sequence is to fall asleep. It has been demonstrated that the brainstem contains a "waking centre" and that impulses from the soma or from other sources act on this centre which is "constantly prodding the cortex of the brain into activity" and thus maintaining or restoring consciousness. Sleep therefore is due to "fatigue of the waking centre" coupled with an absence or a diminution of those incoming stimuli which tend to stir it into fresh activity. Given ease of body, peace of mind, repose of spirit, normal fatigue of the waking centre, and diminished stimulation sleep is bound to ensue. Waking results from an increase in the quantity or the intensity of wakeful stimuli, external such as light, cold, noise, or internal such as pain or violent emotional surges, of sufficient strength to rouse the waking centre into fresh activity.

Waking from the dream state into full consciousness is often brought about by the emotional stimuli provided by the dream substance itself, especially if the emotion is of an

intense variety, either pleasurable or the exact reverse. Unfortunately in the first case, and fortunately in the second, the intensity of the emotion reactivates the waking centre and full consciousness is restored.

The transition from full consciousness to deep sleep may be instantaneous, or may be a merging from one extreme to the other by way of the dream state. Some seem to remain in the dream state throughout the "hours of sleep". Day-dreaming is also not unheard of, but is probably rare in this age of noise and rush.

Dreams and Homoeopathy

The three more or less distinct states of waking, being fully alert, dreaming, being in more or less of a thought-haze or thought-maze, and sleeping, being blissfully relieved of the onus of thinking at all, are undoubtedly normal physiological phenomena. They are associated with alterations in the circulation and with biochemical and biophysical changes in, at any rate, some of the cells and tissues of the body.

Just what these changes are and how brought about; whether by oxygen lack or in some extremely complicated manner, are still almost entirely a matter of hypothesis or complete mystery. It is, however, relevant to note that aberrations of thought processes and of sensory perception, resulting in certain types of dream pattern can be brought about by drugs.

Logically, therefore, it should be possible to correct these aberrations and disturbances by the "similar remedy" provided that no irreversible cell damage in the tissues involved has taken place.

When one turns to Kent's repertory on the subject of dreams one finds nearly 300 different types or sub-types of

dreams mentioned, and in relation to some of these a list of possible remedies running into many multiples of ten. Result, rather dream-like in itself, if not a positive nightmare.

Of course dreaming at night is the normal habit of many, and provided that the dreams are pleasant and entertaining there would appear to be no need to interfere. The habit of recounting dreams at the breakfast table is, of course, to be firmly discouraged.

But when dreams are distressing, disturbing or of the night-mare or night-terrors variety the assistance of corrective medicine may well be invoked. Sedatives and narcotics, notably the barbiturate drugs, are not a satisfactory answer. Many of them tend to cause depression and psychological disturbance themselves, and the sleep they induce may leave unpleasant after-effects, to say nothing of the ever-present risk of drug-addiction.

Relief obtained by the homœopathic method is more natural, is likely to be more permanent, and is usually associated with better health all round. But the selection of a suitable remedy in such cases is by no means easy, and will involve more than a mere study of the dream content. Constitutional, environmental, and other factors will have to be taken into account. The emotional maladaptation or other psychological factors at the back of the dreams may need to be sorted out and skilfully corrected, especially in the case of children, and quite apart from remedy prescribing.

In this latter connection a few remedies may perhaps be mentioned with indications, a nightly dose of the 6c potency to be given for a short period and the result carefully observed.

ACONITUM, anxious nightmarish dreams; talks in sleep and constantly tosses about; seems clairvoyant in dreams; wakes in terror; suffering perhaps from effects of sudden fright or shock.

ARNICA, sleep full of anxious and terrifying dreams, especially about animals; dreams of death or corpses; wakes with start in fright; groans, snores, talks in sleep; restless tossing because bed seems hard and uncomfortable; condition may follow injury or operation.

ARSENICUM ALBUM, frequent dreams, anxious, unpleasant, full of cares, threats and indecisions; sleep interfered with by surges of heat or cold, or of fear, with agitation and jerking of limbs; frequent waking with difficulty in getting to sleep again; the excessively tidy, over-anxious, fastidious type, must always be occupied, cannot relax.

BELLADONNA, dreams are anxious, terrible, frightful, vivid, of falling, fires, robbers, violence of one sort or another; groans or talks in sleep; may sleep-walk; jerks awake when dropping off to sleep; on closing eyes starts seeing images or jerking in limbs; head hot with coldness of hands and feet.

CALCAREA CARBONICA, fantastic, frightful dreams of night-mare variety; night-terrors in children; much tossing about with frequent waking; talks; groans, cries, starts while asleep; head sweats at night and soaks pillow; wakes exhausted as if had not slept at all; fat, flabby, phlegmatic type, full of fears, timid and irresolute.

NUX VOMICA, continual, fantastic, horrible dreams, of cares and perplexities, of cruelties and mutilations, of vermin and insects; actual nightmare; cat-nappy sleep with great flow of wakeful thoughts; wakes early feeling fairly fresh, but after further drowsy sleep wakes with lassitude and pain in

limbs as if they were bruised; lean, intense, sallow, tends to be critical, over-zealous, irascible, and generally frustrated.

PHOSPHORUS, vivid, distressing, terrifying dreams, of animals which bite, of robbers, fire, unfinished tasks, quarrels, bloodshed, death, creeping things; tendency to talking or walking in sleep; frequent waking with starts and fright; wakes feeling too hot, but without sweats; tall, slender, sensitive, highly strung, affectionate, artistic, enthusiastic type, fidgety and given to easy flushing.

PULSATILLA, anxious or terrifying dreams, of quarrels, of the affairs of the day, of spectres, of the dead; cries and moans in sleep and starts awake in fright; wakes frightened, confused and disorientated; changes posture in sleep; puts hands behind head; gets too hot in bed and pushes covers off; placid, pleasant, pliable, portly type, given to easy tears and variability of symptoms.

There are a great many more remedies listed in connection with disturbances of sleep and distressing types of dream. By and large these latter show a good deal of similarity, the differences being in the individual rather than in the dream content. This points to the need for careful assessment of the total symptom and personal picture in each case.

— Homoeopathy

144 590
The Public Relations Officer, Annadhana Sivan
Memorial Sangham writes on 25-10-1955.

ANNADHANA SIVAN MAHAMAKHAM FEEDING 1956

Final plans have been drawn for the feeding of the large number of pilgrims attending the coming Mahamakham festival in Kumbakonam on 25th February, 1956. It is estimated by the authorities that a crowd of not less than ten lakhs will be visiting and the local families and catering houses can at the most attend to the feeding necessities of only four lakhs. There may, therefore, be the necessity—even excluding visitors from nearby villages—to feed atleast three to four lakhs of pilgrims.

It had been a regular feature in previous Mahamakhamas of the late Annadhana Sivan's Feeding Programmes and the Annadhana Sivan Memorial Sangham has now taken up this great humanitarian service.

It is proposed to have five feeding centres, one in the heart of the town and other four in the approaches to the town where hygenically prepared packets of Sambhar and Curd bath will be distributed to all pilgrims irrespective of caste, creed or race. In addition to this ten milk centres will be run in several parts of the town where fresh sweetened reconstituted milk will be provided to children. These centres will also serve good drinking water and butter-milk during the day.

To cope up with the very large number that have to be served it is proposed to mechanise the entire cooking and mixing in the main centre and also use steam.

The entire scheme is expected to cost a little over Rs. 75,000/- and philanthropists are earnestly requested to contribute liberally to make the programme a success. Contributions may be sent to ANNADHANA SIVAN SANGHAM, No. 19, Stringers Street, MADRAS-1.

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Homoeo House, Kumbakonam.



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